

THINGS WORTH KNOWING



Reliable Recipes. Valuable Formulas
and Methods of Home Treatment
for Common Diseases

THINGS WORTH KNOWING

This is a useful little book. You can see that for yourself as soon as you glance at it. It is a book that you will want to keep, so a string has been run through the corner. Hang it up where you can lay your hand on it the moment you want to refer to any of its valuable pages.

The recipes given in this book are most carefully selected and will be found very helpful in every home.

On pages 26 to 30 will be found much information of value to all mothers of young children, but of particular value to young mothers. It tells how to keep babies and young children well, and how to speedily restore their health if illness comes on suddenly.

In addition to recipes the first part of this book gives the no less valuable experience of people who have been cured through the use of Dr. Williams Pink Pills for Pale People. The record of this medicine is unique. It is sold in every habitable portion of the world, and to all users it gives satisfaction. No other medicine has cured so many people, and it is no exaggeration to say that millions of people throughout the world use no other medicine.

Dr. Williams Pink Pills not only cure the simple ailments of life, but have also cured thousands of cases after doctors and hospital treatment had failed. It does this because it fills the veins with new, rich, red health giving blood.

Few people really know how many different diseases are caused by bad blood and unstrung nerves. From this common source, spring all such ailments as Anæmia, Paleness, Pimples, Eczema, General Debility, Backaches, Headaches, Indigestion, Nervousness, Neuralgia, St. Vitus Dance, Paralysis, Locomotor Ataxia, Rheumatism, Sciatica, Palpitation of the Heart, and the special secret ailments of growing girls and women at all periods and critical times in their lives. All these disorders can be traced to the common cause of Poor Blood and Disordered Nerves, and that is the reason why they have all been cured by Dr. Williams Pink Pills for Pale People, the greatest known blood-builder and nerve-tonic. These pills give new life to your blood, new tone to your nerves, new strength to your muscles, new power to your stomach, heart, kidneys and spine, new health to every organ in your body.

We don't ask you to take our word alone for these statements. Read the testimonials given in the following pages. They are the statements of disinterested people who have been cured by these pills, and what Dr. Williams Pink Pills have done for these people they can do for you if you will give them a fair trial.

Sold by dealers in medicine or by mail, at 50 cents a box or six boxes for \$2.50, from

THE DR. WILLIAMS MEDICINE CO.,

BROCKVILLE, Ont.

Permanent Cures.



COMMON MEDICINES, acting only on the symptoms of disease, may give temporary relief, but invariably the disease returns, and often in a greatly intensified form. Unlike these common medicines the cures made by Dr. Williams' Pink Pills for Pale People are permanent. This medicine does not act on the symptoms, it goes right to the root of the trouble in the blood. Every dose of this medicine helps to make new, rich, red blood. This new blood penetrates every part of the body, acts upon every organ and feeds every nerve, thus driving out disease and restoring health and strength.

It should be borne in mind that nearly every ailment that afflicts mankind has its origin in poor, watery blood—blood in which there is a deficiency of red, life-giving corpuscles. It is because Dr. Williams' Pink Pills supply this deficiency that they cure so many apparently diverse diseases. But Dr. Williams' Pink Pills cure not only such common ailments as anaemia, rheumatism, indigestion, neuralgia, palpitation of the heart, backache, St. Vitus dance and the ailments of girlhood and womanhood, they cure also such serious troubles as locomotor ataxia, paralysis and epilepsey, which, prior to the discovery of these pills, were generally held to be incurable.

To prove that the cures made by Dr. Williams' Pink Pills are permanent we republish a number of unusually severe cases, in which the cures were made some years ago, with recent letters from the persons cured showing that there has been no return of the former trouble.

A Severe Case of Paralysis.

In 1904 Mr. John Craig, now living at Kenora, Ont., was residing near Kell's post office, in Nipissing district. Mr. Craig while working on his farm was stricken with paralysis, and although he was under the care of an excellent doctor, he remained in what seemed a hopeless condition until he began the use of Dr. Williams' Pink Pills. The account of the trouble as given by Mr. Craig, was as follows: "But for the blessing of God and the use of Dr. Williams' Pink Pills, I do not believe I would be alive to-day. I was stricken with that terrible affliction, partial paralysis. I had absolutely no power of my right arm or leg. I was not able to sit up—in fact if I tried to do so I would fall over. I had to be lifted like a child. I was not able to eat, was very weak and low spirited, and my family and friends believed that death was very near. The doctor could do nothing for me and, in fact, told me that I was liable to a second stroke at any moment, which would carry me off. I was in this deplorable condition when I was advised to use Dr. Williams' Pink Pills. I sent for two boxes and before these were all used I could move the fingers of my hand, which had hitherto been absolutely numb and powerless. You can scarcely imagine my joy at this, for it was convincing proof that the pills were helping me. From this time on I kept getting stronger and stronger, and the control of my paralyzed limbs gradually came back, until I was again able to walk about and eventually to work again. To my neighbors my cure seemed like a miracle, as not one of them ever expected to see me out of my bed again. I would be ungrateful indeed if I did not give you permission to publish the story of my cure to the ends of the earth, if you wish to do so, that my experience may bring life and hope and activity to other sufferers."

Writing under date of May 30th, 1907, three years later, Mr. Craig says: "I have not had the slightest return of the paralysis, which but for the blessing of Dr. Williams' Pink Pills would have carried me off long ago. I was helpless and the doctor gave me but a short time to live, when I began the use of Dr. Williams' Pink Pills. This medicine fully restored my health, and has kept me in good health and able to work ever since. I will always feel deeply grateful for what this most wonderful medicine has done for me."

Cured of Epilepsy.

One of the most dreaded of all diseases is epilepsy, or as it is sometimes called, falling sickness. Dr. Williams' Pink Pills have cured some particularly severe cases of this trouble, and the cures have remained permanent. In 1903, Mr. M. A. Gauthier, of Buckingham, Que., was cured of this trouble by Dr. Williams' Pink Pills. The cure was considered so remarkable that the editor of the Post, published in that town, interviewed Mr. Gauthier, and gave the widest publicity to his cure. The particulars of the case as published at the time were as follows:

We venture to say that in our town of 3,000 inhabitants, few business men are better known than Mr. M. A. Gauthier, the young and hustling butcher of Main street. He wasn't, however, as energetic or as hustling a couple of years ago as he is to-day and for a good reason—he wasn't well. Having gone into business ere reaching his majority his desire to succeed was such that no heed was paid to keeping the body in the state of health necessary to stand a strain, and in consequence of the extra demands upon his system, it became run down to such an extent that epilepsy or falling sickness resulted, and these lapses into unconsciousness becoming alarmingly frequent, he consulted a physician and took some remedies, but without beneficial results. Finally seeing Dr. Williams' Pink Pills advertised he decided to give them a trial. As to the result, the Post cannot do better than to give Mr. Gauthier's story in his own words: "Yes," said Mr. Gauthier, "for nearly four years I suffered from epilepsy or falling fits, which took me without warning and usually in most inconvenient places. I am just twenty-four years of age, and I think I started business too young, and the fear of failing spurred me to greater efforts perhaps than was good for my constitution, and the consequence was that I became subject to those attacks, which came without any warning whatsoever, leaving me terribly sick and weak after they had passed. I got to dread their recurrence very much. I consulted doctors and took their remedies to no purpose, the fits still troubled me. I saw Dr. Williams' Pink Pills advertised and determined to try them. I did so and the medicine helped me so much that I got more and kept on taking them, until to-day I am as well, yes better, than I ever was, and am not troubled at all by epilepsy or the fear of the fits seizing me again. Thinking there may be others similarly afflicted, I give my story to the Post; it may perhaps lead them to give this great medicine a trial."

It is five years since Dr. Williams' Pink Pills cured Mr. Gauthier, and in all that time he has enjoyed the best of health and has had no return of the trouble. Writing to The Dr. Williams' Medicine Co. recently, Mr. Gauthier says: "I still feel that Dr. Williams' Pink Pills have done me a wonderful service. I have not been sick and have not had a fit since the time I gave you my testimonial, and I think that in view of what Dr. Williams' Pink Pills have done for me there is no ordinary trouble that they should not cure."

Spinal Trouble and Paralysis.

In the year 1900, Mr. John McDonald, a well known merchant living at Cape North, N.S., reported that he had been cured of spinal trouble and paralysis through the use of Dr. Williams' Pink Pills. The history of this case, as published at the time, given in Mr. McDonald's own words, was as follows:

"Almost thirteen years ago I caught a bad cold which lodged in my back, producing a terrible pain. Liniments were at first resorted to, but they had no effect, and the trouble became so bad that I could hardly walk, and could not go out of doors after dark, as I would be almost certain to fall if I attempted to walk. Medical treatment did me no good. I tried six different doctors, but the result was always the same. I spent \$30 for an electric belt, but it was simply money wasted. Years went on and I was continually growing worse, until in the spring of 1895 my lower limbs would scarcely support me. In June of that year I went to the Victoria General Hospital, Halifax, where I remained for two months under the treatment of the best specialists, but when I returned home I was actually worse than when I entered the hospital. This thoroughly discouraged me, and I gave up all hope of ever getting better. I continued to grow worse until about the first of January, 1896, when I had become so bad that I could not stand alone, as my legs were like sticks under me. My only means of locomotion was crutches, and my legs dragged after me like useless pieces of timber; I could not raise them one inch from the floor. About the first of the following April, Rev. Mr. McLeod strongly urged me to try Dr. Williams' Pink Pills. I had tried so many things without benefit that I did not think the pills could help me, but nevertheless

decided to give them a trial. After using six boxes I could see that there was a slight improvement, and I continued using the pills until I had taken thirty boxes, and by that time new life and vigor had returned to my legs, and I have since been able to attend to my business behind the counter without the aid of crutches or even a stick. Under God's blessing Dr. Williams' Pink Pills have restored me to a new measure of health and energy I never again expected to enjoy in this world.

"My restoration has caused a great wonderment in this section, and as a result I have sold many gross of Dr. Williams' Pink Pills in my store, and many of those who have bought them from me tell they have cured them of their troubles."

Writing under the date of May 14th last, Mr. McDonald says: "My health is as good, if not better than it was when I wrote you a few years ago of my cure through the use of Dr. Williams' Pink Pills. I am more than thankful for what the Pills did for me, as they made a permanent cure."

Paid \$1650 Disability Claim.

Another of those most remarkable cures for which Dr. Williams' Pink Pills are famous is that of Mr. Reuben Petch, of Griersville, Ont. Mr. Petch was restored to activity some nine years ago, after he had been utterly helpless for several years. His cure caused a great sensation in the section in which he lives, and was so remarkable that at the time the *Meaford, Ont., Monitor*, published the following account, given practically in Mr. Petch's own words:

"I had been sick for some five years. I consulted in that time with no less than six of the best physicians I could find, but none seemed to help me so far as medicine was concerned. My limbs and body were puffed and bloated so I could not get my clothes on. I had lost the use of my limbs entirely. When I began taking Dr. Williams' Pink Pills I could not dress myself and had not dressed myself for two years previous. I could not even open my mouth enough to receive any solid food, and had to be fed with a spoon. I seemed to have lockjaw. I could not get up or down the doorsteps, and if I fell down I had to lie there until I was helped up. I could not get around without a cane and a crutch. My flesh seemed to be dead. You might have made a pincushion of me and I would feel no hurt. The doctors told me I could never get better. They said I had palsy on one side, caused by spinal sclerosis, the effect of la grippe. You might roast me and I would not sweat. I was a member of the Mutual Aid Association of Toronto, and as under their rules I was entitled to a disability insurance, I made application for it. I was examined by two doctors on behalf of the Association and pronounced permanently disabled, and was in due time paid my disability insurance of \$1,650. This was about two years after I first took sick. Things went on in this way for a considerable period, and my helplessness was, if anything, on the increase. I was continually reading of the cures through the use of Dr. Williams' Pink Pills and at last I determined to try them. After using four or five boxes there was a change. It first made itself manifest by my beginning to sweat freely. I made up my mind to give them a thorough trial, and to my surprise I have gained in health and strength ever since. I take no other medicine except Pink Pills. I began taking them when all other medicines and the doctors failed to do me any good. I could not get off my chair without help. I never expected to get better, but Pink Pills have rescued me from a living death, and now I am happy to say I can walk and get around finely. I eat heartily, sleep soundly, and feel like a new man, and I ascribe the cause entirely to Dr. Williams' Pink Pills."

Writing under date of May 10th, 1907, Mr. Petch says: "My health still remains good, with the exception of my nerves, which are somewhat weak. However, I am able to go about as usual and do light work. I always have a good word to say for Dr. Williams' Pink Pills, they have done so much for me."

Each of the above cures was marvellous in itself. Doctors had failed in each case when Dr. Williams' Pink Pills came to the rescue and restored the sufferers to health and activity. When it is proved that Dr. Williams' Pink Pills can cure cases that have been declared by medical authority to be incurable, it is surely not too much to claim that they can cure those minor every day ailments that are due solely to a deficiency in the blood supply, and to weak, watery blood. If you are weak, or ailing—if you are suffering from any of the troubles Dr. Williams' Pink Pills are claimed to cure, take the Pills at once; give them a fair trial and you will soon be rejoicing in new health and new strength.

HOUSEHOLD RECIPES

TABLE OF WEIGHTS AND MEASURES.

Two cups of sifted flour.....	1 pound
One pint of sifted flour.....	1 pound
One pint of closely packed butter.....	1 pound
Two tablespoonfuls of liquid	1 ounce
One wineglassful.....	2 ounces
Two wineglassfuls	1 gill
Two cupfuls.....	1 pint
Butter the size of an egg.....	about 2 ounces

TIME FOR COOKING SUMMER VEGETABLES.

Greens—Dandelions.....	1½ hours
Spinach.....	1 hour
String beans.....	2 hours
Green peas.....	½ hour
Beets.....	1 hour
Turnips.....	1 hour
Squash.....	1 hour
Potatoes.....	1 hour
Corn.....	½ hour
Asparagus	¾ hour

This applies to young and fresh vegetables.

TIME FOR COOKING WINTER VEGETABLES.

Squash.....	1 hour
Potatoes, white	¾ hour
Potatoes, baked.....	1 hour
Sweet potatoes	¾ hour
Baked sweet.....	1 hour
Turnips.....	2 hours
Beets.....	3½ hours
Parsnips	1 hour
Cabbage.....	3 hours
Carrots	3 hours

Bread.

Boil two good-sized potatoes, mash and strain through a colander; add water (one quart), a piece of butter the size of an egg, a tablespoonful of sugar, two tablespoonfuls of salt. Stir the flour into the hot water, beating it well to a stiff sponge. When just lukewarm, add a small compressed yeast cake and set in a warm place to rise over night. In the morning knead thoroughly, adding flour until it kneads free and smooth. Set again to rise until light, then add more flour and mould into loaves; let them rise again; bake one hour in an oven not too hot.

Boston Brown Bread.

One and one-half cups Graham flour, two cups corn meal, one cup molasses, one pint of sweet milk, half a teaspoonful of soda. steam three hours good.

Grafton Milk Biscuit.

Boil and mash two white potatoes; add two tablespoonfuls of brown sugar; pour

Little Talks on Health.

No. 1—THE BLOOD.

The first lesson in caring for the health is that the well-being of the whole body depends upon the condition of the blood. All the nourishment which we derive from food is taken up by the blood and carried to the different tissues and organs. Day and night the blood is building up the body and restoring waste. It follows that medicine as well as food intended to repair the ravages of disease must reach the affected part through the blood.

The particular part of the blood which carries nourishment to all portions of the system is the mass of microscopic bodies known as red corpuscles. They also give the blood its red color. It is readily seen therefore that blood deficient in these red corpuscles cannot impart color to the cheeks and lips, nor can it carry as much nourishment to the muscles, bones and nerves as they require. Pale people, for this reason, are usually thin and nervous.

Dr. Williams' Pink Pills increase the number of red corpuscles in the blood. This is a matter of easy proof by microscopic test. They therefore may be said to actually make new blood. They are the most direct cure known for anæmia and all similar conditions. They cure debility and most forms of weakness because they make it possible for the nourishment taken in the body to reach the parts that require it. They cure rheumatism, because rheumatism is caused by impure blood, and when they replace the impure blood with pure, the disease is eradicated—not temporarily suppressed, but cured to stay cured. After effects of grip, fevers and other wasting diseases are best treated with these blood making pills because after these troubles the blood is thin, watery and impure, and the health will not be perfectly restored until the vital fluid is made pure and rich.

The health of every person depends upon pure, rich, red blood. That is why people who take Dr. Williams' Pink Pills for Pale People are always healthy. These pills actually make new blood with every dose.

boiling water over the e, enough to soften them. When tepid, add one small teacupful of yeast; when light, warm three ounces of butter in one pint of water, a little salt, a third of a spoonful of soda, and flour enough to make a stiff sponge: when risen, work it on the board; put it back in the tray to rise again; when risen, roll into cakes and let them stand half an hour. Bake in a quick oven. These biscuits are fine.

Feather Griddle Cakes.

Make a batter at night of a pint of water or milk, a teaspoonful of salt and half a cupful of yeast; in the morning add to it one teacupful of thick sour milk, two eggs well beaten, a level teaspoonful of melted butter, a level teaspoonful of soda, and flour enough to make the consistency of pancake batter; let it stand 20 minutes, then bake.

This is a convenient way, when making sponge for bread, over night, using some of the sponge.

Sour Milk Biscuit.

Rub into a quart of sifted flour a piece of butter the size of an egg, one teaspoonful of salt; stir into this a pint of sour milk, dissolve one teaspoonful of soda, and stir into the milk just as you add it to the flour; knead it up quickly, roll it out nearly half an inch thick, and cut out with a biscuit cutter; bake immediately in a quick oven.

Very nice biscuit may be made with sour cream, without the butter, by the same process.

Sally Lunn.

Warm one-half cupful of butter in a pint of milk; add a teaspoonful of salt and seven cupfuls of sifted flour; beat thoroughly, and when the mixture is blood warm, add four beaten eggs, and last of all, half a cup of good lively yeast. Beat hard until the batter breaks in blisters. Set it to rise over night. In the morning, dissolve half a teaspoonful of soda, stir it into the batter and turn it into a well-buttered, shallow dish to rise again about fifteen or twenty minutes. Bake about fifteen to twenty minutes.

The cake should be torn apart, not cut; cutting with a knife makes warm bread heavy. Bake a light brown. This cake is frequently seen on Southern tables.

Graham Bread.

One teacupful of wheat flour, one-half teacupful of Porto Rico molasses, one-half cupful of good yeast, one teaspoonful of salt, one pint of warm water; add sufficient Graham flour to make the dough as stiff as can be stirred with a strong spoon; this is to be mixed at night; in the morning, add one teaspoonful of soda, dissolved in a little water; mix well, and pour into two medium

MAKES NEW BLOOD.

That is what Dr. Williams' Pink Pills Do--that is Why they Cure so many Diseases.

When persons have not enough blood, or when their blood is weak and watery, the doctors name the trouble anaemia. Bloodlessness is the direct cause of many common diseases, such as indigestion, palpitation of the heart, debility, decline, neuralgia, nervousness, rheumatism and consumption. The surest signs of poor blood are paleness, bluish lips, cold hands and feet, general weakness, low spirits, headaches and backaches. If anaemia is not checked in time it will probably develop into consumption. There is one certain cure for anaemia—Dr. Williams' Pink Pills. These pills actually make new, rich, red blood, which fills the veins and brings new life, new energy and good health to bloodless people. In proof of this Miss Mabel Clendenning, Niagara Falls, Ont., says: "For two years I suffered from anaemia. I was weak, thin, had no appetite; I sometimes had distressing headaches and felt low spirited. My heart would palpitate violently; I could do no work around the house; I became very pale and my nerves got unstrung. The efforts of two good doctors failed to help me, I was in such a pitiful state. One day a friend urged me to try Dr. Williams' Pink Pills and I did so. Soon I saw the pills were helping me, and by the time I had taken nine boxes I was completely cured. I had a good appetite; gained in weight; I hadn't an ache or pain; could sleep well and am in far better health now than I ever was. I cannot speak too highly of what Dr. Williams' Pink Pills have done for me."

What Dr. Williams' Pink Pills did for Miss Clendenning they have done for thousands—they will do for you. But you must get the genuine with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around every box. If your dealer has not got the genuine pills you can get them at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Safety for Young Girls.

Mrs. Joseph E. Lepage, St. Jerome, Que., says: "My daughter Emilia began to lose her health at the age of thirteen years. She suffered from headaches and dizziness, and her appetite was poor. She had no strength and could not study or do any work. Several doctors treated her, and although one of them helped her some, none of them cured her. She became thin and pale, and was in this condition for several months. A neighbor advised the use of Dr. Williams' Pink Pills, and I decided to give them to her. By the time she had taken two boxes there was a slight improvement in her condition. She continued them till she had taken nearly a dozen boxes, and they completely cured her and to-day she is as well and strong as she ever was in her life before."

JANUARY 1908

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19	20	21	22	23	24	25
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sized pans; they will be about half-full; let it stand in a warm place until it rises to the top of the pans, then bake one hour in a pretty hot oven.

This should be covered about twenty minutes when first put into the oven with a thick brown paper or an old tin cover; it prevents the upper crust hardening before the loaf is well risen. If these directions are correctly followed, the bread will not be heavy or sodden, as it has been tried for years, and never failed.

Scalloped Potatoes.

Boil some mealy potatoes and mash them smooth; season and add some cream to them; lay them in scallop shells; smooth the surface of the potatoes with the blade of a knife, and then score them across; lay some thin slices of butter upon them and bake them until they are well browned. Serve hot in the shells.

Potato Salad.

Boil potatoes in their jackets, and while hot peel and slice fine, salt pepper and an onion, chopped fine; then add vinegar enough to moisten well, two tablespoonfuls of melted butter. Can be prepared in the morning and used for tea.

Hamburg Steaks.

Two pounds of lean beef from the round, chopped very fine. One small onion and one bunch of parsley also chopped fine. Two eggs. Wet the beef with the eggs and add the seasoning. Form into small cakes or rolls to suit the fancy, sprinkling with bread or cracker crumbs, and fry in hot butter. They are very good if properly prepared.

Spiced Beef.

Boil a shin of ten or twelve pounds of beef until the meat readily falls from the bone; pick the meat to pieces and mash the gristle very fine, rejecting all parts that are too hard to mash; set the liquor in which it was boiled away till cool; take off the fat; boil the liquor down to a pint and a half then return the meat to the liquor, and while hot add any pepper and salt that may be needed; a little nutmeg, half a teaspoonful of parsley, chopped fine; half a teaspoonful of cloves, the same of cinnamon; a very little sage or summer savory—if possible—not quite half of a saltspoonful. Let it boil up once, and put it in a mould or a deep dish to cool. Cut in thin slices for breakfast or tea.

Fried Veal Cutlets.

Put into a frying-pan two or three tablespoonfuls of lard or beef drippings. When boiling hot lay in the cutlets, well seasoned with salt and pepper, and dredged with flour. Brown nicely on both sides, then remove the meat, and if you have more grease than is necessary for the gravy, put it aside for further use. Reserve a tablespoonful or more, and rub into it a tablespoonful of flour with the back of the spoon, until it is a smooth, rich brown color; then add gradually a cup of cold water and season with pepper and salt. When the gravy is boiled up well, return the meat to the pan and gravy. Cover it closely and allow it to stew gently on the back of the range for fifteen minutes. This softens the meat, and with this gravy makes a nice breakfast dish.

Little Talks on Health.

No. 2—THE NERVES.

It has been shown that the number of red corpuscles in the blood can be increased by the use of Dr. Williams' Pink Pills and that this is exactly what happens when such blood diseases as anaemia are cured. Every physician knows that there is a special relation between these red corpuscles of the blood and the nervous system. Anaemia may be caused entirely by mental conditions, such as anxiety or disappointment and upon the other hand, the nervous system is directly dependent upon these red corpuscles for its health and power to perform the work nature intended it to do.

It was this fact that led the discoverer of these wonderful tonic pills, which he had already used in practice for their blood-making properties, to try them for nervous disorders. He found that the results were beyond his expectations, and that many cases yielded to this tonic treatment that had not responded to the ordinary remedies. Following up his success he effected sensational cures in such extreme nervous diseases as partial paralysis, locomotor ataxia and St. Vitus' dance. These cures have since been duplicated yearly in almost every country on earth.

It is evident therefore, that no "cure all" claim is involved in the statement that Dr. Williams' Pink Pills are equally valuable in treating diseases of the blood and nerves. The same curative power that builds up and purifies the Blood, acts through it on the nerves and effects a cure which is not temporary but permanent.

Dr. Williams' Pink Pills are guaranteed to contain no narcotic, stimulant or opiate. Those who take them run no danger of forming any drug habit.

When you ask for Dr. Williams' Pink Pills do not let any dealer persuade you to take something else which he may say is "just as good"—there is nothing else just as good. See that the full name "Dr. Williams' Pink Pills for Pale People" is on the wrapper around every box.

Another mode is to simply fry the cutlets, and afterwards turning off some of the grease they were fried in and then adding to that left in the pan a few drops of hot water, turning the whole over the fried chops.

Egg Toast.

Beat four eggs, yolks and whites together thoroughly; put two tablepoonsful of butter into a saucepan and melt slowly; then pour in the eggs and heat without boiling over a slow fire, stirring constantly; add a little salt, and when hot, spread on slices of nicely browned toast and serve at once.

Fried Eggs.

Break the eggs, one at a time, into a saucer, and then slide them carefully into a frying-pan of lard and butter mixed, dipping over the eggs the hot grease in spoonfuls, or turn them over, frying both sides without breaking them. They require about three minutes' cooking.

Eggs can be fried round like balls by dropping one at a time into a quantity of hot lard, the same as for fried cakes, first stirring the hot lard with a stick until it runs round like a whirlpool; this will make the eggs look like balls. Take out with a skimmer. Eggs can be poached the same in boiling water.

Boston Baked Beans.

One cup of dry beans, soda size of a bean, one tablepoonsful of molasses or brown sugar; piece of pickled pork. Pick over the beans at night—the small white beans—add the soda and cover with cold water. In the morning pour off the water, cover with fresh and boil till tender. Then stir in the molasses or sugar, put in a bean pot, score the rind of the pork and bury it in them; bake two or three hours. Be sure and have plenty of water while they are baking, else they will be dry.

Tomato Soup.

Take one quart of soup stock, reduce it by adding one quart of water, and in this put one quart of canned tomatoes; boil half an hour; strain and mash the tomatoes through a course sieve; put in this two or three pieces of celery, one onion and a pinch of cloves; boil together an hour. A large tablepoonsful of tapioca or rice may be added; also the yoke of a hard boiled egg, rubbed fine.

Beef Tea.

One pound of lean beef, cut into small pieces. Put into a glass canning jar without a drop of water; cover tightly and set in a pot of cold water. Heat gradually to a boil, and continue this steadily for three or four hours, until the meat is like white rags and the juice all drawn out. Season with salt to taste and when cold, skim.

FEBRUARY 1908

S	M	T	W	T	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

AFTER DOCTORS FAILED.

A Case of Nervous Exhaustion and Partial Paralysis is Cured by Dr. Williams' Pink Pills.

Time after time cases are brought to the notice of the public where sufferers from blood and nervous troubles have been cured by Dr. Williams' Pink Pills after the best of doctors have failed to be of benefit. Just the other day a reporter of the *Gleaner* came across such a case in Fredericton. The case is that of Mrs. Tapley, Brunswick Street. Mrs. Tapley had been under the doctor's care for months, being treated for various troubles; a breaking up of the nervous system which had developed into partial paralysis, one side of the face being drawn out of shape. One treatment after another was tried, but without results and she was confined to her room for several months. For a time a doctor visited her two or three times a day, and finally told her he could not cure her. Almost in despair she decided to try Dr. Williams' Pink Pills. The improvement was slow, but the building up of a run down nervous system naturally is slow. Slow but sure this standard medicine did its work, and after a time Mrs. Tapley was able to again come down stairs. From that on the improvement was more rapid, and now her system is in a much better condition than it has been for years and her friends look upon her cure as almost miraculous. Dr. Williams' Pink Pills have done in her case what the best medical treatment could not do—they brought her back to good health.

St. Vitus' Dance Sufferer Restored.

Mrs. Nap. Veilleux, Hadlow Cove, Que., writes: "I wish to make known the marvellous change Dr. Williams' Pink Pills have made in my little girl. She is thirteen years old and for three years she was afflicted with St. Vitus dance. The best doctors treated her but did not help her in the least and it was finally decided to take her to the hospital for treatment. She remained there for three months but did not receive any benefit so we brought her home. She was a great care to us. Someone had to be with her all the time. She could not stand up alone. The pains in her head were terrible; her hands, arms and legs trembled and twitched painfully and her condition was pitiable. While in this condition we began giving her Dr. Williams' Pink Pills. She was using the fourth box before any improvement was noticed in her condition, and we were then so much encouraged that she continued their use and from that on grew stronger day by day. In all she took ten boxes and they have completely cured her. She is now as well and strong as any girl of her age. I look upon what Dr. Williams' Pink Pills have done for her as a miracle and feel as if I can never praise these Pills enough. I will always feel it my duty to advise other sufferers to use them."

Beef Soup.

Select a small shin of beef of moderate size, crack the bones in small pieces, wash and place in a kettle to boil, with five or six quarts of cold water. Let it boil about two hours, or until it begins to get tender, then season it with a tablespoonful of salt, and a teaspoonful of pepper; boil it one hour longer, then add to it one carrot, two turnips, two tablespoonfuls of rice or pearl barley, one head of celery and a teaspoonful of summer savory powdered fine; the vegetables to be minced up in small pieces like dice. After these ingredients have boiled a quarter of an hour, put in two potatoes cut up in small pieces; let it boil half an hour longer, take the meat from the soup.

Plain Economical Soup.

Take a cold roast beef-bone, pieces of beefsteak, the rack of a cold turkey or chicken. Put them into a pot with three or four quarts of water, two carrots, three turnips, one onion, a few cloves, pepper and salt. Boil the whole gently four hours, then strain it through a colander, mashing the vegetables so that they will all pass through. Skim off the fat and return soup to the pot. Mix one tablespoonful of flour with two of water, stir it into the soup and boil the whole ten minutes. Serve this soup with sippets of toast.

Ginger Pudding.

One cup of suet, three cups of flour, one cup of molasses, one cup of milk, one teaspoonful of soda, one tablespoonful of ginger. Boil in a pail for one hour and a half.

Queen Pudding.

One pint of bread crumbs, one quart of milk, warmed and poured over the crumbs; yolks of four eggs, well beaten with one cup of sugar and one teaspoon of butter. When baked spread over top a layer of jelly or preserves. Beat the white of eggs dry and add two tablespoonfuls of sugar and spread over the top. Bake a light brown. Serve warm with sauce, or cold with sugar and cream.

Lemon Rice Pudding.

One cup of boiled rice, one pint of milk, beat three yolks with half a cup of sugar, grated rind and juice of one lemon. Bake in a slow oven twenty-five minutes. Beat whites to a stiff froth, add three tablespoons of sugar. Heap this over the hot pudding-dish, dust a little sugar on top, and set back in the oven to just brown. Serve cold.

Favorite Pudding.

Beat half a pound of butter to a cream; stir in the yolks of six eggs, six ounces of sifted sugar, half a pound of Sultana raisins, the juice and grated rind of two lemons and the whites of the eggs beaten to a foam. Line a buttered mould with slices of citron, blanched almonds, candied oranges and lime-rind and other fruit; angelica, vanilla and rose drops, and pour in the mixture; cover with oiled paper and cloth. Serve with a sauce made of butter, lemon, sugar and old sherry.

Rice Pudding.

One quart sweet milk, half cup rice, half cup sugar, half cup raisins, butter size of an egg, nutmeg and salt. Bake one and a half hours.

Little Talks on Health.

No. 3—THE DIGESTION.

The tonic treatment for indigestion means toning up the stomach to do the work that nature expects of it. On the other hand, predigested foods and artificial digestive ferments aim to do the stomach's work for it. In cases of chronic indigestion and inflamed conditions of the stomach it is necessary to exercise care in the selection of foods, but at the same time the treatment should be aimed at toning up the digestive organs to normal strength and activity.

Good health depends in a large measure upon the digestive capacity of the stomach and this in turn depends upon a supply of rich red blood to fill the thousands of blood vessels with which the stomach is lined.

Indigestion, or dispepsia, may be caused by irregularity at meals, it may be the result of deranged nerves, or a tendency to it may be inherited. The symptoms are pain in the stomach, bloating, rising of gas in the throat, pain about the heart nausea, vomiting. Dr. Williams' Pink Pills send a supply of new blood to the digestive organs, tone up the stomach, quiet the nerves and in these direct ways cure serious digestive disorders.

Easy of Digestion.

Mutton,
Chicken,
Turkey,
Partridge,
Beef tea,
Mutton Broth,
Milk, [ally,
Fresh fish gener-
Stale bread,
Rice,
Tapioca,
Sago,
Asparagus,
Cauliflower,
Baked Apples,
Oranges,
Strawberries,
Black Tea,
Sherry,
Claret,
Ale.

Moderately Digestible.

Beef,
Lamb,
Duck,
Soups,
Eggs,
Butter,
Potatoes,
Beets,
Turnips,
Cabbage,
Spinach,
Lettuce,
Celery,
Apples,
Currants,
Raspberries,
Ma-malade,
Rhubarb plant,
Cooked fruits,
Cocoa,
Coffee.

Hard to Digest.

Pork,
Veal,
Goose,
Liver,
Salt Meat,
Sausage,
Hashes,
Salt fish,
Melted butter,
Hard boiled eggs,
Cheese,
Fresh bread,
Buttered toast,
Pastry,
Cakes,
Nuts, pears, plums
Cherries,
Cucumbers, onions
Carrots, parsnips,
Peas, beans,
Pickles.

Dr. Williams' Pink Pills for Pale People are good for every disease that good blood is good for, simply because they make good blood.

Orange Pudding.

Four sweet oranges sliced small, one quart of milk, one cup of sugar, two tablespoons corn starch, yolks of three eggs. Heat the milk, when nearly boiling add the corn starch, wet with a little cold milk, the sugar and eggs thoroughly beaten. Boil until thick as custard, when cold pour over the sliced oranges. Make a meringue of the whites of three eggs and one small teacup sugar; spread on pudding and put sliced oranges on top of this.

Apple Pudding.

Upon the bottom of a buttered earthenware pudding-dish of moderate size, place as many cored sour apples as can be arranged without crowding. Mix five teaspoonfuls of flour, a pinch of salt and a pint of cold milk, turning the milk upon the flour slowly and stirring constantly to avoid lumps. Beat the yolks and whites of three eggs separately, and add first the yolks and then the whites whipped to a stiff foam. Pour this at once over the apples and bake one hour in a moderate oven. Serve with cream and sugar, a hard sauce, maple syrup or a foamy sauce.

Cold Tapioca Pudding.

Soak a cupful of tapioca over night in a quart of cold water. In the morning drain off all the water. Put the tapioca and a quart and half a pint of milk in a double boiler. After cooking forty-five minutes, add a teaspoonful of salt. Stir well, and cook fifteen minutes longer. Wet a mould or bowl in cold water. Turn the pudding into this and set away to cool. Serve with sugar and cream. This pudding is also nice hot.

Jellied Apples.

Butter a quart pudding dish and fill it with layers of thinly sliced sour apples, sprinkling a tablespoonful of sugar and a salt-spoonful of cinnamon or other flavoring between every two layers. At the last pour over the whole a teacup of cold water and cover closely with a buttered plate that fits into the dish and presses upon the fruit. Set the pudding dish in a pan of hot water in the oven and cook slowly three hours and a half. When cold it can be turned from the dish in a jellied mass. Cold custard, whipped cream, syrup or any cold sauce may be poured around the jelly, or be served as desired from a boat. Jellied apples will keep well for several days—a virtue of no small importance to housekeepers with many cares and limited assistance. Sweet crackers, cookies or any cake may be served with this dessert.

A SLAVE TO DYSPEPSIA

After Years of Agony Found Relief and Cure Through Dr.

Williams' Pink Pills.

That gnawing pain in the stomach; fierce burning sensation in the chest; terrible pain around the heart; dryness of the throat making it hard to swallow; torturing pain after eating, all point to just one thing—dyspepsia; bad digestion. Its victims are numbered by thousands: To many of them life is a burden—death would be welcome. But there is relief—sure relief—from this agony. Dr. Williams' Pink Pills will banish every distressing symptom. No dyspepsia after they are used—nothing but good health, a good appetite, strength and happiness. Mrs. Marie Michaud, Quebec City, says: "For sixteen years I was a slave to that most dreaded of troubles—indigestion. In my younger days I always enjoyed perfect health and I reached middle age before the first pangs of indigestion came to torture me. At first I paid little attention to the trouble, but as time went on my suffering increased—each meal meant more agony. I began to diet myself, but this did not help me. I was weak; suffered from headaches; my spirits were depressed and I rapidly lost in weight. In less than a year I found myself a physical wreck and a chronic dyspeptic. For sixteen years I suffered, and although I tried doctor after doctor I found no relief. I also tried numerous advertised medicines but with no better result. A little over a year ago I read of a case similar to mine which had been cured through the use of Dr. Williams' Pink Pills. I at once got a supply of the Pills and in about three months every trace of the trouble had left me. I gained in weight and strength; my desire for food came back and I could once more enjoy a meal without fear of suffering afterwards. My cure was miraculous and I am glad to recommend Dr. Williams' Pink Pills to all those in search of health."

Dr. Williams' Pink Pills actually make new blood and strengthen the nerves. That's why they cure indigestion, anaemia, neuralgia, rheumatism, St. Vitus dance, headache and backache, etc.

A Dyspeptic Cured.

Mr. Jas. Hyland, Ste. Brigitte des Saults, Que., writes: "I was a sufferer from dyspepsia and general weakness. I tried different remedies and some of the best doctors treated me but without the least benefit. I then decided to try Dr. Williams' Pink Pills, though I must say I had not much faith in them, so many remedies having failed to help me. After the use of the third box, however, my opinion of the pills changed. They had begun to help me and every dose after that gave me new strength. In all I took nine boxes. My digestion became good, the backache disappeared, I grew stronger, my appetite improved and I felt like a new man. I cannot praise these Pills too highly and I would strongly advise all who suffer as I did to give them a fair trial."

MARCH 1908

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Orange Marmalade.

Take seven oranges and five lemons, boil in water two or three hours, throw away the water and open the oranges and lemons, taking out the seeds and preserving all the pulp and juice possible; cut the rind in small strips or chop them, but cutting in strips is better; weigh it well when this is done, then put three pounds of sugar to two of the pulp and boil slowly till clear.

Raspberry Jam.

To five or six pounds of fine red raspberries—not too ripe—add an equal quantity of the finest quality of white sugar; mash the whole well in a preserving kettle; add about one quart of currant juice, a little less will do, and boil gently until it jellies upon a cold plate; then put into small jars, cover with brandied paper, and tie a thick white paper over them; keep in a dark, dry and cool place.

Mother's Lemon Pie.

The grated rind and juice of three lemons, three tablespoonfuls sugar, three tablespoonfuls flour, three eggs, one pint syrup; mix well; make paste as for any pie; pour the above mixture in and cover with a top crust. This is enough for three pies.

Mince Meat.

Three pounds of beef chopped fine, six pounds of apples, one pound of suet chopped fine and mixed with the meat; four pounds of raisins, six pounds of currants, one pound citron, one pound of candied lemon and two pounds of sugar, a tablespoonful of salt, two oranges, grated, and powdered cinnamon, mace, cloves and allspice to taste; add three pints of boiled cider and set on the stove, stirring to prevent boiling, until thoroughly scalded. Add enough sweet cider when using to make moist.

Lemon Pie

1. Two lemons, half cup sugar, yolks of four eggs, one quart of milk, two-thirds of a cup of flour; whites beaten; pour over the top when pie is done.

2. Three eggs, one grated lemon, one cup sugar, one-half cup water, two spoonfuls of flour; bake; beat the whites separately and add sugar.

Pumpkin Pie

Cut the pumpkin in small pieces, cover with water and a little salt; boil slowly till the pulp is dry; rub through a colander. For one pie take two tablespoons of the pulp, one cup milk, one egg, half cup sugar, spice with nutmeg and ginger.

Peach Pie

Pare and cut in halves, place in a deep dish; sprinkle a little cinnamon and sugar, then sift on a little flour; cover with a nice rich crust. To be eaten fresh.

Cream Pie

Pour a pint of cream upon one and a half cupfuls of sugar; let it stand until the whites of three eggs have been beaten to a stiff froth; add this to the cream and beat up thoroughly; grate a little nutmeg over the mixture and bake without an upper crust. If a tablespoonful of sifted flour is added to it, as the above custard pie recipe, it would improve it.

Little Talks on Health.

No. 4—TROUBLES OF WOMEN

It is in treating the troubles peculiar to women that Dr. Williams' Pink Pills find their greatest mission. When the girl buds into womanhood, if the functions are not prompt and regular, they afford just the medication required, and they are absolutely harmless. Parents have a great responsibility at this stage in their daughters' development. Pallor, weakness, headache, backache, pain in the side, fitful temper, poor appetite—these are the symptoms that a tonic is needed, and if they are neglected decline, and even consumption may result.

Womanhood reached, the functions must be kept regular if health is to be preserved. Irregularity or an undue amount of pain at periods is entirely unnecessary, and will be avoided if Dr. Williams' Pink Pills are used. Sick Headaches, nervousness, fainting and dizzy spells all yield to the action of these pills as many women have testified.

The turn of life, occurring when the age of forty-five is approached, is a time of peril and dread for most women, but it need not be if the system is fortified to meet it by Dr. Williams' Pink Pills. The change is sure to come and the successful passing of the critical period is entirely a question of the condition of the blood. Hysteria, pain in the loins or limbs, a feeling of melancholy, exhaustion, sick stomach, and headaches, are signs that the blood needs building up and the nerves strengthened. Dr. Williams' Pink Pills have proved their worth in hundreds of such cases and no other remedy in the world is so highly recommended by those who have tried them.

Mrs. John Shortill, Georgetown, Ont., writes: "I was all run down and could scarcely do any work at all. I consulted a doctor but his treatment did not help me and I continually grew worse. I then decided to try Dr. Williams' Pink Pills and it is remarkable the difference they have made in me. I am now in the best of health and can do my work without trouble."

Dr. Williams' Pink Pills make new blood—that's the secret of their power to cure so many different diseases.

Cream Currant Pie.

One teacup of ripe currants, one of sweet cream and one of sugar, one tablespoonful of flour. Stir together and bake without an upper crust.

Angel Cake

To the whites of eleven eggs beaten stiff on a platter, add one cup and a-half of granulated sugar, sifted once. Take one cup of flour with teaspoon of cream of tartar and sift four times, return to the sieve and gradually add to it the cake; mix lemon, vanilla ratafia and pineapple flavoring in equal quantities, and add a teaspoonful of the mixture. Be sure to use a pan with tube up the centre and do not grease it. Bake forty minutes; when baked, invert the pan on two cups and let it stand until cool.

Black Fruit Cake.

Three-fourths pound butter, one pound sugar—brown—one pound flour, two pounds currants, three pounds raisins—seeded—one-half pound citron, one-fourth pound almonds, eight eggs, one nutmeg, cloves and cinnamon, one wine glass of brandy. The raisins are better if soaked in brandy over night.

Scotch Short Cake.

Take one-half pound of slightly salted butter and one pound flour, then mix flour and butter with hands; then add four ounces of loaf sugar and work all into a smooth ball; then roll out until it is an inch thick; prick edges and bake for half an hour in oven and with a moderate fire, in a round or square tin, according to taste.

Fruit Cake

Two pounds butter, two pounds dark-brown sugar; beat to a cream with your hand; then break into a bowl twenty eggs (don't beat these first, but put six or eight in at a time and beat until smooth with your hand), and so on until you have them all in; have ready beforehand two pounds of sifted flour; put that in gradually, mixing all the time; five pounds raisins, five pounds currants, two ounces lemon peel, two ounces orange peel, spice to suit your taste, half teacup of black syrup; you must not stop beating till all the ingredients are in.

Honey Cake.

Take one large cup of sour cream; half large cup of sugar; two large cups flour; half teaspoon soda; half teacupful of honey. First add the cream and sugar. Add the flour by degrees, then the honey. Mix well; add the soda and beat a little longer; bake for one half hour; to be eaten warm.

APRIL 1908

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GUARD YOUR HEALTH

From a General Breakdown by Using Dr. Williams' Pink Pills.

To the woman in the home—the woman closely confined to the house either through household duties or the care of children—Dr. Williams' Pink Pills are a great boon. The average woman has too little blood. Her nerves are easily irritated; She worries over little things; has severe headaches and backaches and is half sick most of the time. This is not the condition of the woman who uses Dr. Williams' Pink Pills. She is always well. She goes about her work singing—is happy all the time. Simply because these Pills make rich, red blood—the one thing necessary to strengthen the nerves and drive away the headaches and backaches. Mrs. Edward Noel, 461 St. Timothy Street, Montreal, Que., says: "I am the mother of a large family and the constant caring for the children, together with my other household duties broke me up. I grew weak; had agonizing pains in my back; I had no ambition and was unable to attend to my work. I consulted a doctor but received no benefit. Later on I took a bad cold and the cough clung to me. I feared I was going into consumption. One day I read of a case like mine cured through the use of Dr. Williams' Pink Pills. I decided to give them a trial. After using them for about a month there was some improvement in my condition. I continued their use till I had taken nine boxes. These banished every pain and ache. My nerves grew strong and my general health is now so good that I can do my work with ease. I think Dr. Williams' Pink Pills are a great medicine for weak, ailing women."

All weak people will find Dr. Williams' Pink Pills a never failing friend. They build up the blood; strengthen the nerves; banish such troubles as general debility, anaemia, headache and backache, rheumatism, St. Vitus dance, partial paralysis and all the secret ills of girlhood and womanhood, and give vim and life to the whole body. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2 50 from the Dr. Williams' Medicine Co., Brockville, Ont.

A Severe Case of Anæmia Cured.

Mr. Wm. D. McDougall, South Unjacke, N.S., writes: "When my daughter Catherine was 14 years old she fell into a decline. She was treated by one of our best doctors who said her trouble was anaemia, but although he did everything in his power to cure her she gradually grew worse till even the neighbors thought she never would get better. She could hardly cross the floor without fainting; she had no appetite; was pale as a corpse and worn to a skeleton. We were in despair but as a last resort decided to try Dr. Williams' Pink Pills. We are happy now that the Pills were used for I am confident that they saved my daughter's life. It is now some years since the Pills were used and in this time she has been in perfect health. I feel as if I cannot praise Dr. Williams' Pink Pills strongly enough and would advise all sufferers to give them a trial."

White Sponge Cake.

Two tumblers pulverized sugar, one and a-half tumblers sifted flour, one teaspoonful cream of tartar, whites of ten eggs beaten very stiff; then add the flour and sugar and beat as little as possible; bake in a slow oven.

Bride's Cake

One and one-half lbs. butter; one and three-quarters lbs. sugar; two lbs. eggs, well beaten; four lbs. of raisins, seeded and chopped; five lbs. currants, well washed; one lb. citron, cut fine; one lb. of almonds, blanched and chopped fine; two lbs. sifted flour; two nutmegs and the same bulk of mace; half pint of alcohol, in which one-half teaspoon of essence of lemon has been put. Weigh your butter and cut in pieces; soften but do not melt. Stir to a cream, then add the sugar and work until white. Beat the yolks of eggs and put them to the sugar and butter; beat whites to a stiff froth and put in; sift your flour over the fruit; mix well; then add to the other ingredients; last of all put in the citron and nuts. This cake would cost in a confectioner's \$12.00; you can make it for \$3.00. Lower story one foot in diameter.

Salad Cream Dressing.

One cup fresh cream, one spoonful fine flour, the whites of two eggs beaten stiff, three spoonfuls of vinegar, two spoonfuls of salad oil or soft butter, two spoonfuls of powdered sugar, one teaspoonful salt, one-half teaspoonful pepper, one teaspoonful of made mustard. Heat cream almost to boiling; stir in the flour, previously wet with cold milk; boil two minutes, stirring all the time; add sugar and take from fire. When half cold, beat in whipped whites of eggs; set aside to cool. When quite cold, whip in the oil or butter, pepper, mustard and salt; if the salad is ready, add vinegar and pour at once over it.

Mixed Summer Salad.

Three heads of lettuce, two tablespoonfuls of green mustard leaves; a handful of water cresses; five tender radishes; one cucumber; three hard-boiled eggs; two tablespoonfuls of white sugar; one teaspoonful of salt; one teaspoonful of pepper; one teaspoonful of made mustard; one teacupful of vinegar; half a teacupful of oil.

Mix all well together and serve with a lump of ice in the middle.

Fish Salad.

Take a fresh whitefish or trout, boil and chop it, but not too fine; put with the same quantity of chopped cabbage, celery or lettuce; season the same as chicken salad. Garnish with the tender leaves of the heart of lettuce.

Vegetable Salad.

This is an excellent method of using the remnants of vegetables left from dinner of the day before—the half a dozen slices of boiled beets, the two or three cold boiled potatoes and onions, the saucerful of beans or green peas. Slice the potatoes and onions and heap all the vegetables together upon leaves of lettuce. Pour over them either a mayonnaise or French dressing. Almost any cold vegetable may find a place in this salad.

THE STOMACH ON STRIKE

The Tonic Treatment for Indigestion is the Most Successful.

Loss of appetite, coated tongue, bad taste in the mouth, heavy dull headache and dull sluggish feeling—these are the symptoms of stomach trouble. They indicate that the stomach is on strike, that it is no longer furnishing the blood the full quota of nourishment that the body demands, hence every organ suffers. There are two methods of treatment, the old one by which the stomach is humored by pre-digested foods and artificial ferments, and the new one—The Dr. Williams' Pink Pills method—by which the stomach is toned up to do the work nature intended of it. A recent cure by the tonic treatment is that of Mrs. James W. Haskell, of Port Maitland, N.S. She says: "For years I enjoyed perfect health but suddenly headaches seized me. I had a bad taste in my mouth; my tongue was coated; I grew tired and oppressed; and such food as I did eat only caused me distress. I had severe pains in my chest. I lost all strength and was often seized with vomiting. At different times I was treated by some of our best doctors but although I followed their treatment carefully I did not get any better. One day while reading a paper I came across a similar case to mine which had been cured by Dr. Williams' Pink Pills. I immediately purchased a supply and it was not long before they began to help me. I grew stronger day by day till now I am as healthy as I ever was. I have a good appetite, am strong and active and can attend to my household duties without fatigue. I have no hesitation in recommending Dr. Williams' Pink Pills to all sufferers from indigestion."

Indigestion and Nervousness Cured.

Mr. Harry Huggins, Oshawa, Ont., writes: "Testimonials sometimes help other sufferers so I hope that mine will. I don't think there is anything to equal Dr. Williams' Pink Pills as a cure for indigestion, nervousness and a run down condition of the blood. For some time I was a great sufferer from indigestion and nervousness. I tried several remedies but nothing helped me till I began taking Dr. Williams' Pink Pills. Before taking them I felt like an old man, but by the time I had taken four boxes they had altogether changed me. My strength had returned. I had a good appetite and my nerves were steady. I feel as if I cannot recommend these Pills too highly for what they have done for me."

Mr. J. B. Dionne, Matane, Que., writes: "I am so well satisfied with what Dr. Williams' Pink Pills have done for me that I have recommended them to many of my friends."

Mrs. M. J. Tynan, Winnipeg, Man., writes: "I think Dr. Williams' Pink Pills are a splendid medicine. They are just the thing for mothers as they will give strength while nursing baby. I have found them of great benefit."

Chicken Salad.

Boil the fowl tender and remove all the fat, gristle and skin; mince the meat in small pieces, but do not hash it. To one chicken put twice and a half its weight in celery, cut in pieces of about one-quarter of an inch; mix thoroughly and set it in a cool place—the ice chest.

In the meantime prepare a Mayonaise dressing, and when ready for the table pour this dressing over the chicken and celery, tossing and mixing it thoroughly. Set it in a cool place until ready to serve. Garnish with celery tips or cold hard-boiled eggs, lettuce leaves, from the heart, hard boiled beets or capers, olives.

Crisp cabbage is a good substitute for celery: when celery is not to be had use celery vinegar in the dressing. Turkey makes a fine salad.

Potato Salad.

Boil eight potatoes in their skins and do not peel them until they are cold. Rub the inside of your salad bowl with a clove of garlic—if you dislike the flavor of garlic you may omit this. Slice the potatoes into the bowl and add to them an onion which you have minced fine and scalded for five minutes in boiling water. Season the vegetables with pepper and salt and pour upon them five tablespoonfuls of oil and two of vinegar. Toss and turn them in this. Some people relish the addition of a couple of cold boiled beets, sliced.

Tomato Salad.

Peel ripe tomatoes and lay them on the ice for two hours. Just before serving cut them in quarters or slices, lay them on lettuce leaves and serve with a mayonaise dressing. They are also very good with a French dressing and unaccompanied by lettuce.

Almond Candy.

Proceed in the same way as for cocoanut candy; let the almonds be perfectly dry and do not throw them into the sugar until they approach the candying point.

To Candy Nuts.

Three cups of sugar, one cup of water, boil till it hardens when dropped in water, then flavor with lemon. It must not boil after the lemon is put in. Put a nut on the end of a fine knitting-needle, take out and turn on the needle until it is cool. If the candy gets cold, set on the stove for a few minutes. Malaga grapes and oranges, quartered, may be candied in the same way.

GOOD BLOOD FOR BAD

That is what Dr. Williams' Pink Pills for Pale People always give---They Never Fail.

Good blood is the one thing necessary for perfect health. If the blood is good disease cannot exist—if it is bad disease is bound to appear. There are dozens of maladies caused by bad blood. Among them are anaemia, rheumatism, heart palpitation, headache and backache, indigestion and the special ailments of women and growing girls. If you suffer from any of these troubles Dr. Williams' Pink Pills will cure you—because they make new, rich, health-giving blood. They succeed where doctors sometimes fail. In proof of this Mrs. Sarah Jane Duce, Deseronto, Ont., says: "In 1905 I became weak and sickly. I was all run down; I found housework a burden—sometimes I could not do it at all; the least effort made me tired. I consulted a doctor who told me he might help me some but could not cure me permanently on account of my age. I am over fifty. His treatment did not help me and I gradually grew worse; even my friends began to despair. Four different doctors told me my case was hopeless. My suffering was intense. Sores broke out around my mouth and I was unable to eat. I consulted a specialist who told me my trouble was anaemia and that he had little hopes for my recovery. I was in despair and decided it was useless to spend any more money on doctors. One day my husband urged me to try Dr. Williams' Pink Pills. After a few weeks use of the Pills I was convinced that I had found the right medicine. I took twelve boxes and they completely cured me, and I am now in excellent health. I gladly recommend them to all sufferers for they cured me when doctors had failed and my friends were expecting death to end my suffering."

Consumption Feared.

Mrs. Chas. Leduc, of St. Thuribe, Que., says: "Dr. Williams' Pink Pills saved my life, when all hope seemed past. In October, 1903, I took sick and despite the best of treatment I gradually grew worse and had to take to my bed. I had pains in my kidneys, my sides and stomach. The doctor was then sent for and he told my husband that my condition was most serious and that he feared consumption. My pulse was 145; I sweat much at night and had a bad cough. I had no appetite and was steadily growing weaker. In the following January the doctor told my husband he could do nothing more for me and the last sacrament was administered to me. It was then that a good friend came to see me, and brought with her a box of Dr. Williams' Pink Pills. Before I had used all the box it seemed as though my appetite had improved and this gave me new courage. I continued taking the Pills faithfully for nearly six months, when I was again enjoying the blessing of good health. I feel that I am justified in saying that Dr. Williams' Pink Pills saved my life and I shall always recommend them to sick people."

MAY 1908

S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31

Chocolate Caramels.

1. Two cups of sugar, one cup of warm water, one-half cup of grated chocolate, three-fourths of a cup of butter; let it boil without stirring until it snaps in water.

2. One-half lb. of grated chocolate, two teacups of sugar, one-half cup of milk and water, a lump of butter, one teaspoon of alan.

Sugar Candy.

Six cups of white sugar, one cup of vinegar, one cup of water, a tablespoonful of butter, put in at the last with one teaspoonful of soda dissolved in hot water. Boil without stirring one-half hour. Flavor to suit the taste.

Cream Candy.

Four cups of sugar, two cups of water three-fourths of a cup of vinegar, one cup of cream or milk, a piece of butter the size of an egg, two teaspoons of vanilla, a pinch of soda. Let it boil until it cracks in water; then work very white.

Maple Candy.

Four cups of maple syrup, boil until it cracks in water, and just before taking from the fire put in a piece of butter the size of an egg. If preferred waxy, do not let it cook so long.

Butter Scotch.

One cup of molasses, one cup of sugar, one half cup of butter. Boil until done.

Peanut Crisps

Mix together a cupful of roasted and chopped peanuts, a cupful of powdered sugar, a tablespoonful of flour and the whites of two beaten eggs. Drop on buttered paper and bake in a moderate oven.

Chocolate Fudge.

Boil together a cupful of sugar, one of grated chocolate, half-cupful of milk and a quarter-cupful of molasses. Boil, stirring often, until a little dropped in cold water hardens. Take from the fire, stir in a teaspoonful of vanilla, beat until it "sugars," then pour into a buttered pan and mark off into squares.

Maple Fudge.

Stir into a cup of milk a lb. of maple sugar that has been broken into small bits. Put over the fire and bring to a boil, stirring frequently. Cook until a little dropped in cold water hardens. Take from the fire and beat until granulation begins, then pour into a greased tin and mark into squares.

General Directions.

Granulated sugar is preferable. Candy should not be stirred while boiling. Cream tartar should not be added until the syrup begins to boil. Butter should be put in when the candy is almost done. Flavors are more delicate when not boiled in the candy.

How to Stick Labels on Bottles.

Labels put on with fresh egg albumen and well dried will not come off even when the bottles are put in warm water.

A GREAT TRIBUTE

From one of the World's Greatest Doctors in Favor of Dr. Wil- liams' Pink Pills.

Dr. Williams' Pink Pills for Pale People is the only advertised medicine in the world that has ever had the public endorsement of a doctor of world-wide reputation. Such an endorsement stamps this medicine as being worthy of the confidence of every person who is sick or ailing in any way. A great doctor would not risk his reputation unless he was absolutely confident, through a personal knowledge, that Dr. Williams' Pink Pills will do what is claimed for them. Dr. Guiseppe Lapponi, one of the greatest physicians of modern times, for years the trusted medical adviser of the Pope, writes the following strong letter in favor of Dr. Williams' Pink Pills:

"I certify that I have tried Dr. Williams' Pink Pills in four cases of the simple anaemia of development. After a few weeks of treatment, the result came fully up to my expectations. For that reason I shall not fail in the future to extend the use of this laudable preparation, not only in the treatment of other morbid forms of the category of anaemia or chlorosis, but also in cases of neurasthenia and the like."

(Signed) DR. GIUSEPPE LAPPONI,

Via dei Gracchi 332, Rome.

The "simple anaemia of development" referred to by Dr. Lapponi is of course that tired, languid condition of young girls whose development to womanhood is tardy, and whose health, at the period of that development, is so often imperilled. His opinion of the value of Dr. Williams' Pink Pills at that time is of the highest scientific authority, and it confirms the many published cases in which anaemia and other diseases of the blood as well as nervous diseases have been cured by these pills, which, it need hardly be mentioned, owe their efficacy to their power of making new blood, and thus acting directly on the digestive and nervous system. In all cases of anaemia, decline, indigestion, and all troubles due to bad blood, and all affections of the nerves, as St. Vitus' dance, paralysis and locomotor ataxia, they are commended to the public with all the greater confidence because they have the strong endorsement of the great physician who has so recently passed away.

A Good Complexion.

Everyone—no matter what their features may be—can have a perfect complexion.

A perfect complexion comes from pure red blood—and pure blood comes from Dr. Williams' Pink Pills for Pale People.

Dr. Williams' Pink Pills actually make new, rich, red blood—that gives pink cheeks, ruby lips, laughing dimples, high spirits, health, strength, happiness and beauty.

Pale cheeks made rosy, dull eyes made bright, thin arms made plump—that's the every-day work of Dr. Williams' Pink Pills.

WHAT DREAMS MEAN.

ACCIDENT—Unexpected visitors or friends and success.

BED—Lying in bed, danger; making bed, change of residence.

BEGGARS—Unlucky for maids, they will not marry rich.

BELLS—To hear them ring, good news and marriage.

BOAT—On a boat, good fortune; capsized, bad fortune.

BUSINESS—Successful partnership or happy marriage.

CATS—To see, hidden enemies; to kill, you will triumph.

CATTLE—Prosperity and riches, but lean cattle foretell scarcity.

CHILDREN—A good omen of fortune.

CHRISTENING—To be at one, you will get what you hope for.

CHURCH—A sign of kindness, success and marriage.

CLOTHES—White clothes, success; if green a journey; black, ill luck; blue, joy; scarlet, a warning; yellow, lucky.

DANCING—Success in love and friendship.

DANGER—Very fortunate; foretells profit and success.

DEATH—A wealthy marriage or business partnership.

DIAMONDS—To wear, crosses in love; to sell, wealth.

DOGS—If sleeping, faithful friends; if barking, be watchful.

FIRE—If blazing, danger; if not, poverty; if sparks fly, money in abundance; to dream your house burns, good fortune.

FLOWERS—If in season, success; out of season, failure and trials.

FORTUNE—Dreams of fortune invariably go by contrary.

FRUIT—If ripe, riches; if rotten, poverty; if green, trouble.

GHOST—Very unfortunate; vexation, enemies, deceit.

GOLD—To receive it, good omen; to pay it, business success.

HAT—To get a new one, success; to lose one, losses.

KISSING—If pleasant, slander; if disagreeable, praises good cheer.

LAUGHING—Unfavorable; sign of tears, jilting.

LETTERS—If many, honors; from your lover, he adores you.

THE DOOR TO HEALTH.

Is Through the Rich, Red Blood
Dr. Williams' Pink Pills
Actually Make.

The blood—good or bad—is responsible for the health of the body. If it is good—disease cannot exist. If it is bad—the door is shut against good health; disease is bound to appear in one form or another. One person may be seized with rheumatism, another with anaemia, indigestion, heart palpitation, headache or backache, kidney trouble or unstrung nerves. It does not matter which of these troubles you are afflicted with, there is just one cause—the blood; bad blood. There is just one cure—Dr. Williams' Pink Pills. They make new, rich, red blood, and this good blood brings health, strength and happiness. Thousands owe good health, some life itself, to these pills. As further proof of this, Mr. James McGinnis, Woodstock, Ont., says: "For twenty years I worked as a moulder. The different changes of temperature which I had to endure brought on rheumatism. At first I felt out of sorts. Then the rheumatism attacked my left leg. I had a dull aching pain in the lower part of my leg, but this gradually worked up till my entire leg became numb. It was as cold as ice. I could not use it at all. In the daytime the pain caused me great suffering, but at night it was terrible—I could not get a wink of sleep. I had so often heard of Dr. Williams' Pink Pills that I bought a supply. After using them for some time the heat came back to my leg. Every dose seemed to improve the circulation. In less than a month the numbness had all disappeared; the pain had ceased; I could use my leg and soon I was totally free from rheumatism. The Pills made me better in every way. My blood is improved; there seems more life in my body, and although I am forty years old I never felt so strong as I do now. I attribute my cure entirely to Dr. Williams' Pink Pills, for I took no other medicine. I never tire of telling my friends what they have done for me."

Dr. Williams' Pink Pills cure all diseases caused by bad blood. They don't act on the bowels. They don't bother with mere symptoms. They actually make new blood. That is the one thing necessary to health and happiness. But you must get the genuine bearing the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around each box. If your dealer does not keep the genuine Pills they will be sent by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Mrs. Camille Chevier, Azilda, Ont., writes: "I was weak and run down and am well satisfied with the benefit Dr. Williams' Pink Pills have been to me."

Mrs. Samuel K. Sargent, Bancroft, Ont., writes: "I have used Dr. Williams' Pink Pills for general weakness with the very best results and am well pleased with them."

JUNE 1908

S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30

LOVE—To dream you are in love means that you will make a fool of yourself.

MARRIAGE—To be at one, a funeral; if of yourself, death

MISFORTUNE—Good luck; always goes by contrary.

MONEY—To find, excellent omen; to lose, ill success.

PEARLS—Poverty, misery, a poor marriage.

PETS—To dream of, you will never marry.

PICNIC—To go to, a sign of falling in love.

PURSE—To find, coming profit; if empty, disappointment.

REPTILES—All dreams of reptiles betoken quarrels, falsity.

RIBBONS—Betoken flattery; if red, scandal.

RING—To see, find or get, signifies invariably a wedding.

SCISSORS—To dream of, a sign of marriage.

STRANGER—To be kissed by, a new lover.

TEARS—To shed, someone is in love with you; a good fortune.

TREES—If green, riches; to climb, distinction.

VOYAGE—To go on, denotes prosperous enterprise.

Farm Measurements.

HAY—The only exact way to measure hay is to weigh it, but the rules given below will be found sufficient for ordinary practical purposes.

TO FIND NUMBER OF TONS OF HAY IN A MOW—Multiply the length, height and width in yards and divide by 15, if the hay be well packed; if the mow be shallow and the hay recently put in, divide by 18; and by any number from 15 to 18, according as the hay is well packed.

TO FIND NUMBER OF TONS IN SQUARE OR LONG STACKS—Multiply the length of the base in yards by the width in yards and that by one-half the height in yards and divide by 15.

WOOD—A cord of wood contains 128 cubic feet. To find how many cords there are in a pile of wood, multiply the length in feet by the height in feet by the width in feet and divide by 128.

GRAIN IN BINS—Multiply the length of the bin in inches by the width in inches by the height in inches and divide by 2150 for struck bushels and by 2748 for heaped bushels. The result will be the number of bushels in the bin.

CORN IN THE CRIB—Multiply the length of the crib in inches by the height in inches by the width in inches and divide the product by 2748 for the number of heaped bushels of ears. If the crib flares at the sides, measure the width at the top and also at bottom, add the two sums together and divide by two, which will give the mean width. Two heaping bushels of corn on the cob will make one struck bushel of shelled corn. Some farmers claim that $1\frac{1}{2}$ bushels of corn on the cob will make one struck bushel of shelled corn.

A GREAT TRIUMPH.

The Doctors of Mount Clemens Institute Prove the Value of Dr. Williams' Pink Pills in the Case of Mr. S. Harris, Government Inspector of Elevators at Hamilton, Ont.

From the Star, Dundas, Ont.

We were much pleased to see Mr. S. Harris, the well known Government Inspector of Elevators of Hamilton, in Dundas the other day, greatly improved in health and appearance since the last time we met him. As is known to many of the Star readers, Mr. Harris has recovered from a long and severe illness, and is now quite able to attend to his usual duties. From this long illness many predicted that Mr. Harris would never recover, and the fact that he is once more able to go around very nearly as spry as he did before he was attacked, is little less than marvelous to them.

In reply to our reporter, Mr. Harris related the early stages of the attack and subsequent sufferings which he experienced, and while he did not court publicity, decided that in the public interest he would relate the circumstances of this wonderful cure: About fourteen months ago Mr. Harris woke up one morning with a stiff neck; try as he would, and after applying all the remedies externally that he could hear or think of, he was unable to get rid of it. The stiffness moved to the spine and shoulders, then to his hips, until it made almost a cripple of him, and it was with extreme difficulty that he could get out of bed at all. As for walking it was out of the question with him. The attack became so bad that he was unable to put on either his coat, vest or hat. From time to time he called in various medical men, none of whom were able to give him much relief. It was almost impossible for him to raise his feet from the floor, and all pronounced his a severe case of muscular rheumatism, giving him little encouragement as to his ultimate recovery. However, one medical gentleman finally recommended the baths, and as a last resort Mr. Harris decided to follow his advice, and went to Mount Clemens, Mich. As is customary with all patients, Mr. Harris had to undergo a thorough examination in order to see if the system can stand this rigorous treatment. After several examinations had been made as to Mr. Harris' condition, the physicians there finally decided that he was not suffering from muscular rheumatism at all, but that his ailment was of the nerves, and told him that the baths would do him little or no good; that he required altogether different treatment. Mr. Harris placed himself in the hands of one of the physicians there, and what seemed quite strange to him, they did nothing but administer medicine in the shape of pills. Shortly after he commenced this treatment he began to improve perceptibly, and his appetite greatly improved. He began to walk around, slowly at first, but soon was able to get around more than he could for a year previous. He was able to put on his coat and vest,

Condition Powder for Horses.

The great majority of condition-powders do more harm than good as they contain heating and stimulating substances. Simple and as good ones can be made by anyone for much less cost.

For over-fed horses give poorer diet and abundance of exercise. Give small doses of aloes twice a week, and an ounce of salt-petre placed in water about twice a week.

For under-fed and hard worked horses give an ounce of salt-petre every day in mash to excite the kidneys, and a moderate dose of aloes to clean out the bowels. Feed soft, easily digested food. A good tonic is here given:

Fowler's solution of arsenic..... $\frac{1}{2}$ oz.
 Iodine of potash..... $\frac{1}{2}$ oz.
 Water.....1 pint.

Mix with water or gruel.

Wonderful Liniment.

This famous liniment well deserves its name from its years of successful use in cases of sprains, bruises and lameness in horses. While if you omit the turpentine you have one of the best liniments ever made for human ills, whenever an outward application is needed. The following formula can be filled at any drug store:

Oil of spike.....2 OZS.
 Organum.....2 "
 Hemlock.....2 "
 Wormwood.....2 "
 Sweet oil.....4 "
 Spirits of ammonia.....2 "
 Gum camphor.....2 "
 Spirits of turpentine.....2 "
 Alcohol.....1 qt.

Mix together and bottle tightly.

Lotion for Wounds of Animals.

There are four things you should always do in treating wounds:

1. Stop the bleeding.
2. Wash and clean the wound thoroughly.
3. Bring the parts together as nearly as possible.
4. Try to prevent too much inflammation.

To clean the wound use one or two ounces of carbolic acid in one gallon of water. Pour the water on the wound from a height, but do not use a rag or sponge to cleanse it. A very good lotion is made of hydrate of chloral, $\frac{1}{2}$ oz., and water, 1 pint. Another is made of tar, $\frac{1}{2}$ pint, and boiling water, one gallon.

To Drive Away Moths.

Wet little wads of cotton batting with oil of cedar and place them in the closets and drawers.

JULY ♀ ♂ ♀ 1908

S	M	T	W	T	F	S
..	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	..

and began to feel like his former self. His improvement was so rapid and perceptible not only to himself, but to others, that he was pried with all sorts of questions as to his wonderful recovery. The medical attendant was questioned as to the nature of the medicine which was being administered. Much to the surprise of Mr. Harris and the other patients there, he was told that it was a well-known Canadian remedy, Dr. Williams' Pink Pills, and was advised to continue their use for a time on his return home. Mr. Harris is loud in his praise of the wonderful curative qualities of Dr. Williams' Pink Pills, and consented to make his case public in the hope that he might benefit others similarly afflicted. Mr. Harris has long been a resident of Hamilton, being a well-known builder of elevators, as well as Government Inspector of the same, so that his prominence and well-known integrity is evidence that he is sincere in the statements he made.

Weak, Ailing Girls.

Miss Albina St. Andre, Joliette, Que., says: "I am more grateful than I can say for the benefit I have found in the use of Dr. Williams' Pink Pills. I was weak, run down and very miserable. I suffered from severe pains in my back and chest; had a bad cough; no appetite and would lie awake most of the night, and what sleep I did get did not refresh me. I tried several remedies, but they did not help me, and I, as well as my friends, feared I was going into a decline. At this stage a friend who came to see me strongly urged me to try Dr. Williams' Pink Pills, and providentially I acted upon the advice. After using a few boxes my appetite improved and I began to sleep much better at night. This greatly cheered me and I continued taking the pills for some time longer, when the change in my condition was really marvellous. I was feeling as well as I ever had done. I could sleep soundly at night; the pains and cough had disappeared, and I felt an altogether a different girl. I am so grateful for what Dr. Williams' Pink Pills have done for me that I cheerfully give you permission to publish this in the hope that it may point the way to health to some other weak and despondent girl."

Partial Paralysis Cured.

Mr. F. D. Emsley, London, Ont., writes: "I feel it my duty to express my sincere gratitude for what Dr. Williams' Pink Pills have done for me. In 1902 I suffered from partial paralysis. One arm and one leg were useless and I had to give up all work. Our family doctor did all he could for me but his treatment did not benefit me in the least. Dr. Williams' Pink Pills were recommended and I began taking them. They completely cured me and I was once more able to return to my trade as a bricklayer. I have never had any symptoms of paralysis since, but still I take the Pills two or three weeks each year as a preventive. There are very few men as sound and healthy to-day as I am, and all this good health is directly due to Dr. Williams' Pink Pills. There is nothing can equal them in my estimation."

Colic in Horses.

Colic in horses may be caused by improper food, exhaustion from over-work, drinking cold water when heated or tired out, or from worms. It is necessary to first relieve the pain by using $\frac{1}{2}$ oz. to 1 oz. of laudanum in warm water and next to purge the bowels with a dose of 5 or 10 drachms of aloes. A valuable medicine in cases of colic is made as follows:

Chloroform.....	1 oz.
Laudanum.....	1 oz.
Sulphuric Ether.....	1 oz.
Linseed Oil.....	8 oz.
Give for one dose.	

How to Keep Out Ants.

Dissolve 2 lbs. of alum in 3 or 4 quarts of water and let it stand for some time. Apply with a stiff brush, boiling hot, to every joint or crack in shelves, closets, bedsteads or floors. Keep the wash boiling hot while using. This is very effective against croton-bugs, cockroaches and ants.

How to Wash Flannels Without Shrinking Them.

Flannels should always be washed with white soap, otherwise they will neither look well nor feel soft. The water must be warm but not boiling, as it shrinks flannel to scald it. Wash the flannels entirely by themselves in clean, warm suds, made by rubbing the soap to a strong lather in the water before putting in the flannels, for if the soap is rubbed on the flannel the goods will become hard and stiff. Wash the garments in this manner through two waters. Rinse in warm water to which bluing has been added. Cold rinsing water hardens the flannels. After rinsing thoroughly, wring hard, shake well and spread on the clothes-line. While drying shake, stretch and turn the articles several times. They should dry slowly. Flannel garments always washed in this manner will feel soft as long as they last, retaining a new appearance and scarcely shrinking at all. But if once badly washed with scalding water, rubbed with brown soap and rinsed in cold water, they will never look well.

How to Whiten Goods.

White goods that are yellow with age may be restored by soaking in buttermilk. If slightly affected a few days are sufficient to render perfectly white, but in severe cases more time is required. Change the milk occasionally.

To Make Windows Opaque.

If you want to shut off the view from any window you can do it very cheaply by dissolving in a little hot water as much Epsom salts as the water will absorb. Paint over the window while hot, and when dry you will have a very good imitation of ground glass.

How to Clean Furs.

A good way to clean and restore dark furs is as follows: Heat a quantity of new bran in a pan, taking care that it does not burn, stir constantly. When well heated rub thoroughly into the fur. Repeat two or three times. Shake the fur and brush briskly until free from dust.

RHEUMATIC SUFFERERS

Will Always Find Relief Through the Use of Dr. Williams' Pink Pills.

Torturing pains in the joints or muscles; pain aggravated by exposure to cold or dampness—that's rheumatism—one of Canada's commonest ailments. It was once thought that liniments and hot applications could cure rheumatism; but this has now been proved a mistake. Rheumatism is a disease of the blood and must be treated as such—the blood must be purified and enriched. Then and only then will the rheumatism disappear. There is just one sure blood-builder—Dr. Williams' Pink Pills. They have cured thousands through their action on the blood. Among these is Mr. John Donnelly, a boatman residing at No. 289 Champlain St., Quebec, Que., who says: "A year ago while boating I was exposed to all conditions of weather, and one day I got a wetting. This brought on a severe cold and in less than two weeks I was crippled with rheumatism. I was so ill I had to stop work and go to bed. I tried different medicines for about a month, but none of them helped me. My family then became so alarmed that a doctor was called in and although I followed his treatment for a long time, I received no benefit. In fact I grew worse from day to day and my suffering was terrible. A friend begged me to try Dr. Williams' Pink Pills, but I did not want to do so as I now believed myself incurable. Fortunately for me, however, my friend got a supply and insisted on my taking them. In a little over a month they completely cured me and every trace of pain had left me. I feel as if I cannot give Dr. Williams' Pink Pills too much praise for they restored me to perfect health when I had begun to think that death was near."

Dr. Williams' Pink Pills cure the pains and aches of rheumatism and neuralgia; headaches and backaches of anaemia; the distress and sluggishness of indigestion, and the misery which so many women and growing girls suffer, by going right to the root of the trouble—bad blood. They don't treat mere symptoms—they don't act on the bowels—no medicine is of any use that merely treats symptoms; that tries to cure disease by purging the bowels. Dr. Williams' Pink Pills cure because they remove the cause of the trouble; because they make pure, rich, health-giving blood. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Mr. Geo. B. Ironside, Shellbrook, Sask., writes: "I was greatly troubled with a lame back, but after using six boxes of Dr. Williams' Pink Pills the trouble had disappeared and my back is as strong as ever it was."

Bad blood is the cause of all headaches, backaches, rheumatism, indigestion, and a score of other diseases. Bad blood—disease—cannot exist in any system that is fortified by the use of Dr. Williams' Pink Pills.

How To Raise the Pile of Velvet.

A good method to raise the damaged and pinched pile is as follows; Cover a hot iron with a wet cloth, lay the velvet or plush over it and beat carefully with a clothes brush. Lay the stuff on a smooth place and do not touch until it is quite dry.

How to Bleach Piano Keys.

The reason piano keys turn yellow is because they absorb the grease from the fingers; it will therefore be necessary to remove this. If a paste made from whiting and a solution of potash is laid on and allowed to remain for about twenty-four hours, the ivories will be restored very nearly, if not entirely, to their original color, without removing them from the keys.

To Remove Bruises in Furniture.

Wet the part with warm water, double a piece of brown paper five or six times, soak it and lay it on the place; apply on that a hot flatiron till the moisture is evaporated. If this does not remove the bruise repeat the process. After two or three applications the dent or bruise will be raised level with the surface. If the bruise be small, merely soak it with warm water and apply a red hot poker very near the surface; keep it continually wet and in a few minutes the bruise will disappear.

To Prevent Ceilings from Peeling.

Ceilings that look very rough and manifest a tendency to peel should be gone over with a solution of one ounce of alum to one quart of water. This will remove the superfluous lime and render the ceiling white.

To Remove Dampness from Cellars.

Take old preserve cans and put calcium chloride in them, a pound of this salt will be enough for a large cellar. It attracts the water from the air, which collects in the cans. This, however, is not poured away, but is evaporated on a strong fire, when the salt crystallizes and becomes fit for use again. This process is especially useful for potato cellars, since it prevents the sprouting of the potatoes to a great extent.

How to Make Kalsomine.

Take Zinc white..... 6 lbs.
Light colored glue..... ½ lb.

Soak the glue in 3 pints of warm water, until it is jellied and then add a pint of water and heat until it becomes quite thin. Stir the zinc white in hot water until it becomes like thick milk. Now mix the glue and zinc white, stir thoroughly and stand in a cool place. When it has half jellied it is ready to apply. Apply over the work with short strokes in every direction.

AUGUST 1908

S	M	T	W	T	F	S
..	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31

LACK OF ENERGY.

A Common Trouble Among Growing Boys

---A New Blood Supply Needed---

Dr. Williams' Pink Pills Make New Blood.

There are thousands of young men just approaching manhood who have no energy, who tire out at the least exertion, and who feel by the time they have done their day's work as though the day were a week long. In some of these cases there is a further sign of warning in the pimples and disfiguring eruptions which break out on the face. These are certain signs that the blood is out of order, and unless it is promptly enriched, a complete breakdown, or perhaps consumption, may be the result. All these young men should take Dr. Williams' Pink Pills. These pills actually make rich red blood, clear the skin of pimples and eruptions, and bring health, strength and energy. Here is a bit of proof. Adolphe Rolland, St. Jerome, Que., is a young man 19 years of age who says: "For more than a year I suffered from general weakness, and I gradually grew so weak that I was forced to abandon my work as a clerk. My appetite failed me, I had occasional violent headaches, and I began to suffer from indigestion. I was failing so rapidly that I began to fear that consumption was fastening itself upon me. Our family doctor treated me but I did not gain under his care. I was in a very discouraged state when a friend from Montreal came to see me. He strongly advised me to try Dr. Williams' Pink Pills. I did so and inside of three weeks I began to feel better, my appetite began to improve and I seemed to have a feeling of new courage. I continued the pills until I had taken ten boxes and I am now enjoying the best health I ever had. My cure surprised many of my friends who began to regard me as incurable, and I strongly advise other young men who are weak, to follow my example and give Dr. Williams' Pink Pills a fair trial."

The Advice of a Trained Nurse.

Mr. Daniel H. MacLeod, West Branch River John, N.S., writes: "I wish to express my heartfelt gratitude for the remarkable cure I have received through the use of Dr. Williams' Pills. I feel it my duty to make public the account of my illness and cure in the hope that other sufferers will receive encouragement to try Dr. Williams' Pink Pills, for I feel that these pills will surely do for others what they have done for me. Last Spring I was a great sufferer from liver trouble and was so bad that I went to a Boston Hospital. While there I underwent an operation which gave me some relief so I returned home again. It was not long, however, till my trouble came back and I was preparing to return to Boston when my sister, who is a trained nurse, advised me to try Dr. Williams' Pink Pills and sent me a supply. It was not long before they began to help me and by the time I had taken them a couple of months I was fully cured. They did more for me than the Hospital treatment for now my cure is permanent."

How to make Whitewash.

One of the very best whitewashes that can be made, because it will not wash off and gives an enamel finish, is made as follows:

Lime.....	3 lbs.
Portland cement.....	½ lb.
Salt.....	1 lb.

Boil and apply when hot. It is necessary that you should use only the best quality of the materials mentioned above.

To Remove Stains from the Hands.

The following method is often successful in removing dirt of various kinds from the hands: Wash the hands well with raw linseed oil, using it as you would water and rubbing it well into the skin; then rub the hands with sawdust until the oil is all absorbed, and finally wash them with warm water and some good cleansing soap.

Care of Oilcloth.

The careful housewife avoids the use of either soap or ammonia in the water with which her oilcloth is cleaned. She knows that their use will injure the material and render the colors dead and lifeless. She also avoids a brush unless she owns a very soft one, and relies upon clear, clean water and soft flannelcloths for her cleaning work.

When the oilcloth has been washed clean, she rubs it dry with a fresh dry flannel cloth and then polishes the entire surface with a rag upon which there is a very little linseed oil, or some skimmed milk. The milk does very satisfactory work, but should be avoided in summer time as it will bring flies.

Some housekeepers think that oilcloth keeps its freshness and gives far better service if treated to a coat of varnish when it is first put down.

Spraying Trees and Plants.

It has been shown that in the case of the apple crops; spraying will protect from 50 to 75 per cent of the fruit, which would otherwise be wormy, and that the market price of the fruit has been raised from \$1 to \$2.50 per barrel, and thin at a cost of only about ten cents per tree for labor and material. The formulas given below are the latest and best ones used by the most successful fruit growers of the country.

Bordeaux Mixture—Copper sulphate, 6 lbs.; unslacked lime, 4 lbs.; water, 40 or 50 gallons. Put the copper sulphate in a bag and dissolve in at least 4 gallons of water. Slake the lime in the same amount of water. Then mix the copper sulphate and the lime and add water enough to make 40 or 50 gallons. For smaller quantities use the same proportions. This mixture may be used for rots, moulds, mildews and all fungous diseases.

Kerosene Emulsion—Kerosene, 2 gallons, whale-oil soap, ½ lb., or soft soap, 1 quart; water, 1 gallon. Dissolve the soap in boiling water and when boiling hot mix with the kerosene away from the fire. Stir vigorously. If the water is very hard, it is better to break it with lye. Before applying the emulsion dilute it with 15 parts water. This emulsion may be used for most plant lice and other soft bodied insects. For scale insects and the larger plant bugs and beetles, dilute the emulsion with from 7 to 10 gallons of water. It is sufficient to just wet the plants.

RHEUMATIC AGONY.

Nothing Reached the Root of the Trouble Until Dr. Williams' Pink Pills Were Used.

"I suffered almost untold agony from rheumatism. For several weary months I was confined to bed. I had the best of medical treatment, but nothing seemed to reach the root of the disease until I used Dr. Williams' Pink Pills. These have completely restored my health." This strong emphatic statement is made by Mrs. Edna Morrill, of Woodstock, N.S., a lady who had practically been given up by doctors. She further says: "I suffered for over two years and rheumatism seemed to be firmly implanted in my system. At the outset I was able to attend to my household duties, but at night I suffered the greatest pain. I at once began to take medicine, but my condition actually grew worse. I was attended by a skilful doctor, but was ultimately forced to remain in bed, suffering untold agony with every movement. Finally the doctors told me the trouble was incurable. One day I was advised to try Dr. Williams' Pink Pills and I decided to do so. Presently the pains were not so severe, and I began to feel myself gaining. Shortly after I was able to go about and in less than three months I was perfectly well. For this condition my thanks are gratefully due to Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills cured Mrs. Morrill by driving the rheumatic poison out of her blood. They actually make new blood. They don't act upon the bowels. They don't bother with mere symptoms. They go right to the root of the trouble in the blood. That is why they have cured the worst cases of anaemia (bloodlessness), headaches and backaches, kidney trouble, indigestion, neuralgia, nervousness and the special ailments of girls and women whose blood supply becomes weak, scanty or irregular.

Almost Bloodless.

Mr. Alexander Bresette, Bethel, Que., writes: "My blood was in a terrible condition; it had almost wholly turned to water. If I cut or scratched myself in any way the blood was pale, thin and watery. I was all run down; was weak, tired and could not attend to my work. I began using Dr. Williams' Pink Pills and they gave me back that good blood that makes good health, and I can now do a vigorous day's work. I think these Pills are a wonderful medicine and would advise everyone who is weak or run down to give them a fair trial."

Mr. J. B. Leslie, Owen Sound, Ont., writes: "My little girl used a number of boxes of your Dr. Williams' Pink Pills and they were of great benefit."

Mrs. Thos. R. Hubley, Black Point, N.S., writes: "I have used Dr. Williams' Pink Pills as a blood purifier and they have done me a great deal of good. I am at present in the best of health."

To Remove Acid Stains.

Chloroform will restore the color of garments, where the same has been destroyed by acids. When acid has accidentally or otherwise destroyed or changed the color of the fabric, ammonia should be applied to neutralize the acid. A subsequent application of chloroform restores the original color. Spots from nitric acid can scarcely be removed.

To Remove Grease and Oil.

For white linen or cotton goods, use soap or weak lye; for colored calicoes, warm soapsuds; for woollens, soapsuds or ammonia; for silks, benzine, ether, ammonia, magnesia, chalk or yolk of an egg, with water.

In the removal of grease from clothing, with benzol or turpentine, people generally make the mistake of wetting the cloth with the turpentine and then rubbing it with a sponge or piece of cloth. In this way the fat is dissolved, but is spread over a greater space and is not removed; the benzol or turpentine evaporates and the fat covers a greater surface than before. The proper way is to place a soft blotting paper beneath and on top of the grease spot, which is first to be thoroughly saturated with the benzol; and then well pressed. The fat is then dissolved and absorbed by the paper and entirely removed from the clothing.

Manure from Soot.

Save the soot that falls from the chimneys when the latter are cleaned. Twelve quarts of soot to one hogshead of water makes a good liquid manure, to be applied to the roots of plants.

To Prevent Stoves from Rusting.

Kerosene applied with a rag to stoves will keep them from rusting during the summer. It is also an excellent material to apply to all iron utensils about the farm.

To Polish Stoves.

For a stove of medium size, pulverize a piece of alum the size of a large hickory nut, stir into two tablespoonfuls of vinegar, add this to the stove blacking, mixed with water in the usual manner. Apply this mixture with a cloth or brush to a cold stove, and while wet rub briskly with a dry brush. The polish will appear at once.

To Remove Finger Marks.

Ammonia will remove finger marks from paint, where there would otherwise have to be a good deal of scrubbing with soap, which takes the paint off also.

SEPTEMBER 1908

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
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CRIPPLED BY SCIATICA.

Made Well and Strong by Dr. Williams' Pink Pills After Doctors Had Failed.

Mr. H. W. Awalt is one of the leading merchants of Hemford, N.S. A few years ago he was a sufferer from that most excruciating trouble, sciatica. He says: "At the time I was afflicted I was living at Baker Settlement. The attack was so severe that I had been off work for some time. The cords of my leg were all drawn up and I could only limp along with the aid of a stick. The pain I suffered was terrible. I was in misery both day and night. Every movement caused me such pain as only those who have been tortured with sciatica know. I was treated by several doctors, but they did not help me a bit. In fact I almost began to think my condition was hopeless, when Dr. Williams' Pink Pills were brought to my notice. I got a half dozen boxes. I had used the entire quantity before I found any benefit. But I was encouraged and got a second half dozen boxes, and before these were all gone every vestige of the trouble had disappeared. Not only this, but I was improved in health in every way, as it will be readily understood that the long siege of pain I had suffered had left me badly run down. I can't speak too highly of Dr. Williams' Pink Pills. I can't recommend them too strongly to other sufferers."

A Rheumatic Cure.

Mr. Harvey, J. Smart, York, Ont., writes: "I was troubled with rheumatism for about two years, and although I tried several remedies nothing seemed to help me. I was then advised to try Dr. Williams' Pink Pills and in them I found a complete cure. They drove away the aches and pains, enriched my blood and gave me a good appetite. While using the pills I gained fifteen pounds in weight. I only used five boxes of the pills so I think they are a remarkable medicine. I have heard others, who like myself have found health and strength through their use, praising them and I feel as if I cannot praise them enough."

Nervous and Out of Sorts.

Mr. P. M. Wood, Ivy Lea, Ont., writes: "Last summer while working in the hayfield I had the misfortune to fall off a hay tedder which ran over me. The injury and the shock I sustained left me in a terribly nervous condition. I felt all 'out of sorts.' My kidneys ached and I had pains all over. I had often heard of Dr. Williams' Pink Pills so decided to give them a trial and I am glad that I did so for they fully restored my health and strength. I now feel so well that I can stand any amount of physical strain. I would advise all sufferers to give these Pills a trial, for I know by my own experience that they cannot fail to prove of benefit."

Harness Dressing.

The government harness dressing is made as follows:

Neatsfoot oil.....	1 gallon.
Bayberry tallow.....	2 lbs.
Beeswax.....	2 "
Beef tallow.....	2 "

Put in a pan over a moderate fire. When thoroughly dissolved add 2 quarts of castor oil and then when on the fire stir one ounce of lamp black. Mix well and strain thorough a cloth to remove any sediment, let cool and you have as fine a dressing for harness or leather of any kind as can be had.

How to Clean Wall Paper.

Take a soft, flat sponge, being careful that there are no hard and gritty places in it, then get a bucket of new, clean, dry wheat bran from the mill or feed store. To use it, hold the sponge flat side up, and put a handful of bran on it, then quickly turn against the wall and rub the wall gently and carefully with it; then repeat the operation. Hold a large pan or spread down a drip cloth to catch the bran as it falls, but never use the same bran twice.

SUGGESTIONS.

Some hot vinegar will remove paint from window glass.

Place an apple in the cake box and cake will keep moist much longer.

A little milk added to the water in which silver is washed will help to keep it bright.

To revive the lustre of morocco or any other leather, apply the white of an egg with a sponge.

A little flour spread over the top of cakes before they are iced will prevent the icing from running off.

Use a little ammonia in a dish water when washing glassware. It will make it sparkle like cut glass.

Sausages should be served with apple sauce or baked tomatoes. Either makes them more easily digested.

When cleaning knives mix a tiny bit of carbonate of soda with the bathbrick and and they will polish more easily.

Cereals are seldom overcooked, but rather undercooked. Thus always allow plenty of time in preparing cereals.

Flies may be kept off screen doors by rubbing the frame work and wire netting with kerosene. The odor seems to be offensive to flies.

After frying fish place a little hot water and a few drops of vinegar in the pan so as to take away from it the taste and odor of the fish.

The knife used for peeling a pineapple should never be used for slicing it, as the rind contains an acid that is apt to cause a swollen mouth and sore lips.

Stains on white silk can easily be removed by soaking with gasoline and then rubbing in lump magnesia; as much should be rubbed in as the gasoline will absorb.

Rubber rings for fruit jars that have become hard may be made pliable again by soaking for half an hour in a solution of two parts water and one part ammonia.

HEALTH FOR YOUNG GIRLS.

How to Obtain Bright Eyes, Rosy Cheeks and an Elastic Step.

What can be more distressing than to see a girl drooping and fading in the springtime of youth? Instead of bright eyes, glowing, rosy cheeks and elastic step, there are dull eyes, sallow or greenish complexion and a languidness of step that bespeaks disease and an early death if proper treatment is not promptly resorted to and persisted in until the impoverished blood is enriched and the functions of life become regular. Upon parents rests a great responsibility at the time their daughters are budding into womanhood. If your daughter is pale, complains of weakness, is "tired out" upon the slightest exertion; if she is troubled with headache or backache, pain in the side; if her temper is fitful and her appetite poor, she is in a condition of extreme peril, a fit subject for the development of the most dreaded of all diseases—consumption. If you notice any of the above symptoms, lose no time in procuring Dr. Williams' Pink Pills. They will assist the patient to develop properly and regularly; they will enrich the blood and restore health's roses to the cheeks; bright eyes and a lightness of step will surely follow their use, and all danger of consumption and premature death will be averted. Wise and prudent mothers will insist upon their daughters taking Dr. Williams' Pink Pills upon the approach of the period of puberty, and thus avoid all chances of disease or early decay.

Rheumatism from a Chill.

Mr. Chas. H. Lumley of Bickfort, Ont., is one of the best known farmers in Lambton County. About three years ago, while Mr. Lumley was engaged in threshing, he became overheated and this was followed by a severe chill. He says: "I did not think anything of it at the time as I was accustomed to being exposed to all kinds of weather. As the result, however, I was unable to go about next morning and had to remain in bed. I had severe pains in my legs and arms, and was at first treated with the usual home remedies. As these did not help me the family doctor was sent for, but he did not have any better success. He told me the trouble was a severe case of rheumatism, and there can be little doubt about it as I was confined to my home for about four months when I was advised to give Dr. Williams' Pink Pills a trial. I sent for a supply and it was not long before I found they were helping me, and by the time I had taken a half dozen boxes the trouble had entirely disappeared. In other respects the Pills also greatly improved my health, and I never felt better in my life than I did since taking them. I therefore most cheerfully recommend Dr. Williams' Pink Pills to other similar sufferers."

Dr. Williams' Pink Pills for Pale People are good for every disease that good blood is good for, simply because they make good blood.

COMMON AILMENTS.

Their Symptoms and Their Cure.

The following ailments are known to all—if you have not suffered from any of them yourself your friends or neighbors have—perhaps they are still suffering. If so they can find a certain cure in Dr. Williams' Pink Pills for Pale People. All these ailments are caused by poor blood or weak nerves. Dr. Williams' Pink Pills do nothing but make good, rich, red blood and strengthen the nerves. In other words they strike right at the root of all these troubles; banish the cause and bring health and strength to the weak and the sick.

ANAEMIA—Bloodlessness. The complexion is waxy; the lips, gums and tongue look bloodless; the appetite is poor; palpitation and shortness of breath follows the least exertion. You feel lazy, out of sorts. Anaemia is the start of consumption. Check it with Dr. Williams' Pink Pills, they have cured thousands of severe cases.

DEBILITY—A general weakness; lack of energy; nervousness; system all run down. A tonic is the cure. Dr. Williams' Pink Pills are the world's greatest tonic medicine

DECAY, EARLY—This is a man's disorder. loss of manly strength; the energy and desires of manhood lacking; tired and low-spirited; dull pain about the "small" of the back; knees weak and shaky. Dr. Williams' Pink Pills are just what is needed—they strengthen the back, improve the appetite, enrich the blood and tone up the whole system.

DECLINE—A gradual fading away; loss of appetite; no benefit got from food eaten; pale, sallow skin; no marked pain, just a feeling of not being well. Dr. Williams' Pink Pills cure it by making rich, red blood.

ERYSIPELAS—The skin is inflamed, red and smooth. There is a slight feeling as if the skin were swelled; the tongue is dry and the affected parts have a burning sensation. Good blood will banish erysipelas; Dr. Williams' Pink Pills make this good blood.

SUFFERING WOMEN

Need Just the Rich Red Blood Dr. Williams' Pink Pills Actually Give.

From girlhood to middle life the health and happiness of every woman depends on her blood. If her blood is poor and watery she becomes weak, languid, pale and nervous. If her blood supply is irregular she suffers from headaches and backaches and other unspeakable distress which only women know. At every stage of a woman's life Dr. Williams' Pink Pills are her best friend, because they actually make the rich red blood which gives health and strength and tone to every organ of the body. They help a woman just when nature makes the greatest demand upon her blood supply. Mrs. H. Gagnon, who for twenty years has been one of the best known residents of St. Roches, Que., says: "Dr. Williams' Pink Pills have been a blessing to me. I was weak, worn out and scarcely able to drag myself about. I suffered from headaches and dizziness, my appetite was poor and to attempt housework left me utterly worn out. I slept badly at night, and what sleep I got did not refresh me. For nearly three years I was in this condition, and was constantly taking medicine but found no benefit from it. One of my neighbors who had used Dr. Williams' Pink Pills with much benefit advised me to try them. I did so, and the whole story is told in the words 'I am well again.' There are times yet when I take the pills for they seem to me a guarantee against the troubles which so many women suffer."

Dr. Williams' Pink Pills don't act on the bowels. They contain just the elements that actually make new blood and strengthen the nerves. That's why they cure anaemia, indigestion, rheumatism, lumbago, headaches, backaches, heart palpitation and skin diseases like pimples and eczema. That is why they are the greatest help in the world for growing girls who need new blood and for women who are troubled with irregular health.

Saved Her Life.

Miss Gertrude A. Bell, North Range, N.S., writes: "I want to say a few words in praise of Dr. Williams' Pink Pills. When I was a child I had la grippe and this developed into what seemed to be dropsy. I was always sickly and always had to take medicine. For a good part of the time I was under the doctor's care. At the age of sixteen I was so weak I could scarcely move around. I was pale, had a bad cough and could not walk any distance without severe heart palpitation. When I awoke in the morning I always had fainting fits and a smothering sensation. A friend advised me to try Dr. Williams' Pink Pills and I did so. Six boxes completely cured me and now at the age of twenty-one years I am enjoying perfect health. I cannot say too much in praise of Dr. Williams' Pink Pills for I feel sure they saved my life."

OCTOBER 31 1908

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
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FEMALE TROUBLES—Many women suffer in silence for honorable reasons. They alone know the pains which afflict them—continually or at regular intervals. Agonizing backaches, headaches, prostration, irregularity of the vital functions, change of life, weakness. Dr. Williams' Pink Pills are woman's best friend—the girl entering womanhood or the woman at the turn of life will find them just the medicine to relieve suffering.

HEART TROUBLE—May show itself in two ways. The pulse may be slow and feeble; fainting; giddiness and a sick feeling; or on the other hand the heart may palpitate violently on the least exertion, causing a throbbing pain in the head and noises in the ears. Dr. Williams' Pink Pills cure both because they enrich the blood.

HYSTERIA—A nervous disease especially affecting young women; fits of laughter and crying; convulsions and perhaps fainting. The cause may be fright or worry. The cure is Dr. Williams' Pink Pills.

INDIGESTION—Pain in the stomach; a sense of fullness after meals; wind on the stomach; hiccoughs; distaste for food; a yellow tongue; bad complexion; bad taste; a burning pain around the heart; sometimes vomiting. Dr. Williams' Pink Pills have cured thousands of cases.

INSOMNIA—Sleeplessness—is due to disordered nerves. Cure the cause by Dr. Williams' Pink Pills and sleep will be restful.

KIDNEY TROUBLE—Is indicated by a cloudy or highly-colored urine; pain in the back; a dark bulging under the eyes; a pasty skin; swelling of the hands and feet. This is a serious trouble and unless cured Bright's disease may result and there is no cure for that. Dr. Williams' Pink Pills have been very successful in curing kidney trouble.

LEUCORRHOEA—The female disorder called "whites." Dr. Williams' Pink Pills should be used with the other special treatment advised in the directions accompanying the Pills.

LA GRIPPE—Its After effects—Weak and run down; lack of energy or ambition—a very serious condition to fall into—there is a danger of consumption. Dr. Williams' Pink Pills have proved of great value as a cure.

LOCOMOTOR ATAXIA—A kind of paralysis; sharp, stabbing pains; a hot burning feeling; loss of control over the muscles; inability to stand erect in the dark or with the eyes shut. Dr. Williams' Pink Pills have cured a number of severe cases.

MENSTRUATION, Disorders of—An excess or suppression of the monthly function in women; pain in the back before or during the period; local irritation. Dr. Williams' Pink Pills cure these disorders by making pure blood.

NERVOUSNESS—Easily frightened; acute mental distress in the presence of others; cannot bear noise or worry. Dr. Williams' Pink Pills always strengthen and steady the nerves.

NEURALGIA—Stabbing pains usually felt in the face or head; violent headaches; dart-

ANAEMIA---WATERY BLOOD.

Its Victims are Pale, Languid and Breathless--Hopeless Decline Often Follows.

Thousands and thousands of young girls throughout Canada are literally passing into a hopeless decline for want of the new, rich, red blood so abundantly supplied by Dr. Williams' Pink Pills. They are distressingly weak, pale or sallow, appetite fickle, subject to headaches or dizziness, are breathless and the heart palpitates violently at the least exertion. The doctors call this anaemia—which is the medical name for bloodlessness. Dr. Williams' Pink Pills actually make new blood—they cure anaemia just as food cures hunger. Here is a bit of the strongest kind of evidence. "Dr. Williams' Pink Pills and nothing else saved my two daughters when doctors had failed to help them." This statement is made by Mrs. Joseph Martel, St. Olivet Street, Quebec. She adds: "My daughters are aged respectively twenty-two and twenty-three years. For two years they suffered from the weakness and distress of anaemia and had I learned of Dr. Williams' Pink Pills earlier, it would not only have saved me money, but much worry and anxiety as well. Both girls were as pale as a sheet. They suffered from headaches, poor appetite, and grew so feeble that they could hardly go about. They were under a doctor's care but did not improve a bit. I despaired of ever seeing them in good health again, when a friend called my attention to Dr. Williams' Pink Pills. Soon after they began the pills there was an improvement in their condition, and in less than a couple of months they were again enjoying good health, active robust girls. I am so grateful for what Dr. Williams' Pink Pills have done for my children that I strongly recommend them to every mother who has a weak, pale-faced boy or girl."

A Woman's Cure.

Mrs. Jos. Lepage, Lachapelle, Que., says: "I cannot speak too highly of Dr. Williams' Pink Pills, for they have restored me to health and strength when I feared that I would never be well again. I was very much run down and had to entrust my household work and the care of my children to a servant. I suffered from distressing headaches, had no appetite, was pale, nervous and despondent and feared I was going into consumption. I doctored for nearly a year without benefit and was then advised to try Dr. Williams' Pink Pills, and thanks to this medicine I soon began to improve, and am now as well as I ever was in my life. I can highly recommend Dr. Williams' Pink Pills to all weak and sick women."

Mrs. Jas. A. MacNeill, New Mills, N.B., writes: "I have found Dr. Williams' Pink Pills just the medicine for purifying and enriching the blood and strengthening the system."

ing pains in the back. Liniments cannot cure this trouble; Dr. Williams' Pink Pills will cure it.

PARALYSIS, Partial—Trembling and lack of control of the hands; sudden loss of power in the arms or limbs—frequently down the whole of one side; difficulty in speech; severe pains; inability to use the fingers; distorted features. Dr. Williams' Pink Pills have cured many severe cases.

RHEUMATISM—Severe pains in the joints or muscles; pain increased by cold or dampness. The trouble may be chronic or acute. Dr. Williams' Pink Pills have perhaps cured more cases of rheumatism than of any other trouble.

RICKETS—A disease of childhood due to mal-nutrition of the bones; softness of the bones, shown by curvature of the spine or limbs; unnatural activity of the intellect; & peculiar "aged" look in the face—to cure the blood must be enriched. Dr. Williams' Pink Pills do this.

RINGING AND NOISES IN THE EARS—Are the result of irritated nerves—Dr. Williams' Pink Pills quiet and steady the nerves.

SCIATICA—Acute darting pains—a pain like hot needles—in the hip, down the back of the thigh, extending to the knee and perhaps to the ankle. A hard trouble to shake off but one in which Dr. Williams' Pink Pills have had much success in curing.

SKIN, Eruptions of—Skin trouble show that the blood is bad. Bad blood always becomes heated—this inflames the skin, causing blotches, pimples, eczema, boils or a muddy, yellow complexion. Dr. Williams' Pink Pills make pure blood—pure blood makes the skin troubles disappear and gives the face a clear, smooth, rosy appearance.

SICK HEADACHE—A dull pain in the head—made worse by stooping forward. A yellow skin; dull eyes; vomiting; shivering. Often the result of improper food or, in women, of the periodical ailment. To cure it the bowels must be freely moved, then Dr. Williams' Pink Pills used for a few weeks to purify the blood.

SPINAL DISEASE—Deformity or weakness of the back; unable to sit straight; a feeling of having no strength in the back; lumbago. Dr. Williams' Pink Pills are of great value as a spinal tonic.

ST. VITUS DANCE—Usually occurs in the young; a twitching movement of the muscles that cannot be stopped; restlessness; unable to sit still; pains in the limbs or head; crossness. Sometimes older persons may suffer from this disease. Either the young or the old will find Dr. Williams' Pink Pills a sure cure.

TORTURING SCIATICA.

A Periodical Sufferer for Five Years Cured by Dr. Williams' Pink Pills.

Fierce darting pains—pains like red hot needles being driven through the flesh—in the thigh; perhaps down the legs to the ankles—that's sciatica. None but the victim can realize the torture. But the sufferer need not grow discouraged for there is a cure—a sure cure in Dr. Williams' Pink Pills. These pills make new blood; this new blood feeds and strengthens the nerves and frees them from pain. The pain is banished to stay banished—the cure is complete. Mr. Chas. E. McLean, a prosperous farmer near Brockville, Ont., has been cured of a severe attack of sciatica and wishes other sufferers to hear of his cure that they may benefit by his experience. He says "For upwards of five years I was a periodical sufferer from sciatica. In the morning while getting up I would be seized with agonizing pains in my hips. Sometimes these pains extended down one leg, sometimes down the other; often down both. The pain was terrible. Imagine the agony caused by a red hot spike being driven through the flesh. That was just my feeling when the sciatica was at its worst. Often while carrying water to the horses the pain became so acute I had to drop the pail in the middle of the yard. I followed doctors' treatment but with slight relief. I then tried rheumatic plasters and liniments but these did not help me at all. Then I decided to give Dr. Williams' Pink Pills a trial. At first they did not seem to help me, but as they had been so highly recommended I persisted in the treatment and gradually noticed a change in my condition. The pain grew less severe, I felt stronger and my appetite improved. I think I used the pills about four or five months before I was completely cured, but though that was two years ago, I have not since had the slightest return of the sciatica. I think Dr. Williams' Pink Pills are a marvellous medicine, and so does my wife, who used them as a blood builder. She says they have no equal and never wearies of praising them to her friends."

Help for Despondent Girls.

Miss Marie M. Balquiere, St. Alexis, Que., writes: "I was very pale, weak and the least effort completely tired me out, leaving me breathless and despondent. I tried several medicines but none of them helped me till one day I read of a case very similar to mine which had been cured by Dr. Williams' Pink Pills. I decided to give them a trial and by the time I had taken two boxes I felt some relief. I continued their use and each week brought more strength. By the time I had taken six boxes I was enjoying perfect health and to-day I am as strong as ever I was. I am very thankful for what the Pills have done for me and would strongly advise all pale, weak girls to take them without delay."

Mr. Stewart Brown, Heaslip, Ont., writes: "I have used Dr. Williams' Pink Pills and have found them of great benefit. I feel like a different man since I used them."

NOVEMBER 1908

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
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THE ILLS OF CHILDHOOD

How to Know and Cure Them.

Every mother should be able to recognize the symptoms of the little ailments that inevitably attack all little ones. Not only should she be able to recognize these troubles, but she ought to be in a position to promptly treat and cure them. To this end a box of Baby's Own Tablets should always be kept in every home where there are young children. The ills of childhood come swiftly, and too often, before a doctor can be called in, or a medicine obtained, the little one is beyond aid. The prudent mother will therefore always safeguard her little one by keeping Baby's Own Tablets in the home and administering them promptly at the first symptom of illness. And the mother can give this medicine with a feeling of perfect safety and security. We solemnly guarantee that it contains no opiate, narcotic, nor any of the poisonous stuffs found in soothing medicines, teething powders and drops. This medicine always does good—it can never do harm. It is equally good for the new born baby or the well grown child.

In order that mothers—especially young mothers—may recognize the symptoms of the most common ailments of childhood we give them below in detail:

INDIGESTION—This is probably one of the commonest ailments of childhood. It is due usually to overfeeding or nurse that does not agree with the child, and may lead to serious results if not promptly cured. The symptoms of this trouble are loss of appetite, peevishness, wind, vomiting, furred tongue, bad breath, hiccough, disturbed sleep, waking with a scream. There is no other medicine will cure as promptly as Baby's Own Tablets.

COLIC—This is another derangement of the stomach which causes little ones much suffering. The trouble manifests itself by griping pains in the stomach, often accompanied with nausea and vomiting. The pulse is quick; the tongue coated; the skin harsh and dry; chills, followed by feverish symptoms. Baby's Own Tablets are a certain cure.

CONSTIPATION—This is a very common ailment of childhood, and no child suffering from it thrives well. The symptoms are headache; fever; swollen belly; disturbed sleep; vomiting; inability to stool. Care should be taken in feeding and Baby's Own Tablets given to remove the trouble. No other medicine acts so promptly, thoroughly and surely.

Safety for Children.

Baby's Own Tablets contain no opiate, no narcotic, no poisonous drug. The mother who uses these Tablets for her children has the guarantee of a government analyst as to the truth of these statements. This medicine can therefore be used with absolute safety, and it always cures such troubles as indigestion, sour stomach, constipation, diarrhoea and colic. The Tablets cure simple fevers, break up colds, destroy worms and make teething easy. Mrs. W. H. Young, Roslin, Ont., says: "I have used Baby's Own Tablets as needed for more than a year and would not be without them in the house. They are just the thing for teething babies and other minor ailments."

Mrs. Louis Reville, Gawas, Ont., writes: "I have used Baby's Own Tablets for the past five years and am never without them in the house. They are an excellent medicine for teething troubles and colic. It always gives me great pleasure to recommend them to other mothers."

Mrs. George Howell, Sandy Beach, Que., writes: "My baby was troubled with colic and vomiting, and cried night and day but after giving him Baby's Own Tablets the trouble disappeared. I would advise all mothers to use no other medicine for their little ones, and as I would not be without them I am sending for another box."

Mrs. John Young, Auburn, Ont., writes: "I have been using Baby's Own Tablets for about a year now and think they are one of the best medicines that can be given to baby. They are grand at teething time and as long as I have them in the house I feel all right, for you don't need a doctor in the home when you have Baby's Own Tablets. They are absolutely safe and I would not be without them."

Mrs. Wm. E. Stewart, St. George, N.B., writes: "I have used Baby's Own Tablets for more than a year for my little ones and cannot praise them enough. Before I began to give the Tablets my little ones were weak and after a hearty meal would always be seized with convulsions and the doctor would have to be called in. Since I began the use of the Tablets there has been no need of doctor. I would not be without them if they cost twice as much as they do. They are certainly a grand medicine for little ones."

Mrs. Andre Poirier, St. Theophile, Que., says: "I consider Baby's Own Tablets the best remedy for children I have ever used. I would not care to be without them so am sending for another box."

Mrs. Wm. F. Gay, St. Eleanors, P.E.I., writes: "I have used Baby's Own Tablets with the best of results and feel sure there is nothing to equal them for stomach or bowel troubles. I cannot speak too highly of them and never feel safe unless I have a box in the house."

Mrs. Eloi LeBrun, Carillon, Que., writes: "Baby's Own Tablets have been of great value to my baby. I used the Tablets to regulate baby's stomach and bowels and the result was so good that I will always recommend the Tablets to other mothers."

DIARRHOEA—This is a dangerous trouble and is nearly always caused by improper feeding, sour milk or imperfectly cleaned nursing bottles. Foul air, bad water and overheating tend to make the trouble more obstinate. Feed sparingly; give plenty of cold water to drink, and administer Baby's Own Tablets to remove the poisonous secretions from the bowels. Never administer a medicine to check the trouble except under the instructions of a doctor.

VOMITING—In this trouble the milk is ejected curdled immediately after nursing; caused either by overfeeding or too frequent feeding. The feeding should be regulated and Baby's Own Tablets given to strengthen the stomach and aid digestion.

WORMS—This trouble may be recognized by itching and irritation of the bowel opening; irregular appetite; bad breath; picking at the nose; disturbed sleep; pain and swelling at the abdomen; grinding of the teeth in sleep; convulsions. Baby's Own Tablets given for a few days invariably destroy worms.

TEETHING TROUBLES—These are always a source of great anxiety to mothers. The symptoms are restlessness; nervousness; starting, as from fright; hot, swollen, tender gums; crossness; sleeplessness; in some cases constipation; in others diarrhoea; spasms; colic; often convulsions. Baby's Own Tablets will give prompt relief.

SORE MOUTH—This trouble is generally caused by impure food, and children brought up on the bottle are more frequently troubled with it than children nursed at the breast. The bottle should be thoroughly washed in scalding water after each feeding. This trouble makes itself manifest by heat; redness and dryness of the mouth; swelling of the palate, tongue and gums; bad breath; ulceration or numerous white spots. Baby's Own Tablets promptly relieve and cure in a day or two.

SIMPLE FEVER—This trouble comes sometimes with chills, sometimes with flushes, followed by a hot, dry skin; thirst; quick breathing; pain in the loins, head and joints; loss of appetite. Treat promptly with Baby's Own Tablets.

COLDS—Cold in the head generally begins with slight chills; sneezing; pain or weight in the head; redness of the eyes; nose sometimes clogged, sometimes running. This goes on to sore throat, hoarseness, cough, fever, and often croup. At first symptoms give Baby's Own Tablets.

CHOLERA INFANTUM—This is one of the fatal ailments of infancy. It occurs most commonly during the first two years of a child's life, and is due nearly always to im-

Drugging Children.

All the so-called "soothing" syrups and most of the powders advertised to cure childhood ailments contain poisonous opiates and an overdose may kill the child. When the mother uses Baby's Own Tablets she has the guarantee of a government analyst that this medicine contains no opiate or narcotic. They can be given with absolute safety to a new born baby. They cure indigestion, constipation, colic, diarrhoea and the other minor ailments of children. Mrs. G. Collins, Hirkella, Man., says: "Baby's Own Tablets are the most satisfactory medicine I have ever used for the minor ailments of children. I always keep the Tablets in the house."

Mrs. Alfred H. Bonnyman, Mattall, N.S., says: "I have used Baby's Own Tablets for my little girl while teething and when she was constipated and have found them an excellent medicine."

Mrs. Geo. M. Kemp, Carleton Place, Ont., writes: "I have given Baby's Own Tablets to my baby ever since he was two weeks old. He was a very small thin baby, but thanks to the Tablets he is now a great, big, fat, healthy boy."

Mrs. Philip Tennier, Little Pabos, Que., writes: "Our baby was terribly constipated and we had to give him castor oil nearly every day, but since using your Baby's Own Tablets the trouble has disappeared and he is a fine healthy child."

Mrs. Mary Forest, Grand Pabos, Que., writes: "My son was troubled with diarrhoea all last summer and his stomach was so weak that he could vomit everything he ate. I tried one box of Baby's Own Tablets and they completely cured him and he was better in a few days. I think the Tablets a great medicine for little ones."

Mrs. G. Paradis, Ste. Phillippe de Nervi, Que., writes: "I have found Baby's Own Tablets a great help to my little one when suffering from constipation."

Mrs. Albert Vezina, Ste Genevieve de Batiscan, Que., writes: "My baby was terribly constipated and suffered a great deal. I used to give him "soothing syrup," but this only made him worse. At last I got a box of Baby's Own Tablets and they did him a world of good. It gives me great pleasure to recommend the Tablets to all mothers."

Mrs. Ronald L. Seafield, Palmer Rapids, Ont., writes: "I have found Baby's Own Tablets so satisfactory that I would not care to be without them. Please send me two more boxes."

Mrs. J. LaRoque, Log Valley, Sask., writes: "I am a great believer in Baby's Own Tablets. I would not be without the Tablets in the house for I know of no other medicine equal to them in curing the ills common to infants and children; so please send me two more boxes."

Mrs. Thos. Mills, Ethel, Ont., writes: "I have used Baby's Own Tablets for my little boy when teething and found them an excellent remedy. I would not be without them for they are just what babies need." They are easy to take and always do good."

DECEMBER 1908

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31

proper feeding. The symptoms are vomiting, either accompanied by or followed by profuse diarrhoea, followed by watery discharges, intense thirst and collapse. Do not lose any time calling in a physician, but if a doctor cannot be had quickly, administer Baby's Own Tablets. This trouble occurs most frequently during the hot weather months, and as it is known that it comes from stomach derangements, mothers can guard against it by giving their little ones occasional doses of Baby's Own Tablets, which speedily clear away all offending matter.

All the above troubles can be cured by the timely use of Baby's Own Tablets. Better still, these troubles can be prevented and little ones kept healthy by giving them an occasional dose of the Tablets.

CONTAGIOUS DISEASES.

Baby's Own Tablets are not recommended as a cure for contagious diseases, which should always be attended by a physician, no matter how slight. The following information will enable mothers to recognize contagious diseases:

MEASLES—Symptoms show from eight to fourteen days after exposure, beginning with cold in the head, running eyes, cough, and on the fourth day the characteristic eruption, first seen on the face. The disease lasts from three to seven days, and is contagious from two to three weeks.

CHICKEN POX—Symptoms show from one to two weeks after exposure. It begins with a slight fever and eruption on the face. It lasts about a week, and is contagious from two to three weeks.

SCARLET FEVER—Symptoms begin from one to eight days after exposure, with sore throat, lassitude, vomiting and high fever. The eruption shows on the first or second day. The characteristic symptom is the red color of the body. The disease continues seven or eight days, and is contagious during the "peeling" period.

WHOOPIING COUGH—Symptoms begin to show from two to seven days after exposure, but the characteristic cough is not generally heard until the second week. The duration of the disease is from six to eight weeks, and it may be caught as long as the "whoop" lasts.

DIPHTHERIA—Usually begins with sore throat, weakness and fever, from two to ten days after exposure. It is characterized by the white membrane in the throat. The duration of the disease is from one to three weeks, and it may be catching from three to four weeks.

MUMPS—The swelling below the ear, under the jaw, shows from one to three weeks after exposure. Chewing causes pain, and there is an inability to swallow sour things. The mumps last about a week, and they are contagious from three to four weeks.

Starving Babies.

The baby who suffers from indigestion is simply starving to death. It loses all desire for food and the little it does take does no good and the child is peevish, cross and restless. Mothers will find no other medicine as prompt to cure as Baby's Own Tablets—they always do good—they can't possibly do harm. Mrs. Jas. Savoy, Little Lameque, N.B., says: "I believe that had it not been for Baby's Own Tablets my child would have been in her grave. She was completely run down, would refuse food and was rapidly failing. Nothing I gave her did her any good until I began the use of Baby's Own Tablets, and these have changed her into a well and growing child."

Mothers Feel Safe.

Mothers who have used Baby's Own Tablets for their little ones say they feel safe with the Tablets at hand, for they are a never failing cure for all the minor ailments of babyhood and childhood. Mrs. Urias Cressman, New Hamburg, Ont., says: "I have used Baby's Own Tablets for stomach trouble and constipation with marked success. I always feel that my little one is safe when I have a box of the Tablets in the house." Baby's Own Tablets are sold under the guarantee of a Government analyst to contain neither opiates nor other poisonous drugs. They always do good—they can't possibly do harm.

Mrs. L. W. Smith, St. Giles, Que., writes: "I have used Baby's Own Tablets for my little girl who suffered from constipation and have found them the very best medicine I have ever used."

Mrs. Napoleon, Mercier, St. Raphael, Que., writes: "It gives me great pleasure to tell of the benefit Baby's Own Tablets have been to my little girl. She is just eleven months old and had been constipated from birth. At one time she was so bad we had to use injections, but as soon as we gave her the Tablets her bowels moved freely. I think the Tablets are superior to all the syrups I have ever used, and they gave my little one so much relief that I would not be without them."

Mrs. Josaphat Gauthier, Ruisseau Le Blanc, Que., writes: "I have found Baby's Own Tablets a most satisfactory medicine, and as I would not care to be without them I am sending for another box."

Mrs. Wilbert Bone, Carrville, Ont., writes: "I have used Baby's Own Tablets for my little baby, who suffered from constipation, and have found them the most satisfactory medicine I have ever used for this trouble."

Mrs. Emile Drapeau, Mont Carmel, Que., writes: "I have never found anything to equal Baby's Own Tablets for constipation. They act like a charm, and I would not use any other medicine for my baby. Please send me another box as I would not care to be without them."

Mrs. J. L. Janelle, St. Sylvere, Que., writes: "I find Baby's Own Tablets a most satisfactory medicine in teething troubles and constipation. Also for breaking up colds."

DON'TS FOR YOUNG MOTHERS

Don't give baby a sleeping draught, soothing mixture or opiate of any kind except by order of a competent doctor who has seen the child. All these things contain DEADLY POISON.

Don't give medicine to check the movement of baby's bowels in diarrhoea except upon the advice of a physician. Feed the child sparingly and give Baby's Own Tablets to cleanse the bowels of irritating secretions. Keep the abdomen warm. This treatment will cure diarrhoea.

Don't give a young child cathartics, such as castor oil, which gripe and torture. Baby's Own Tablets have a gentle laxative action and never fail to cure constipation.

Don't feed a child every time it cries. Often it cries because it is thirsty and a tablespoonful of water will quiet it.

Don't walk up and down the floor with a cross, restless child. Nothing can be more demoralizing to the little one, and it is a serious tax upon the mother's strength and nerves. Give the child Baby's Own Tablets occasionally and they will remove the cause of the restlessness and make the little one sleep soundly.

Don't fail to keep a box of Baby's Own Tablets on hand. The ills of the little ones come suddenly, and often prove fatal unless a reliable medicine is promptly given.

Don't forget that Baby's Own Tablets are sold under a guarantee to contain no opiate, narcotic nor poisonous soothing stuff. There is no other medicine for little ones gives a guarantee of this kind.

THE MOTHER'S HEALTH.

Mothers who require a tonic should be careful in their choice. If you are nursing the baby, Dr. Williams' Pink Pills for Pale People will give you renewed strength, and thus, through you, impart strength to the baby. You will find them valuable in the special ailments of your sex, and again when the years from 45 to 50 are approached.

NOTE TO MOTHERS.

We have another little book which deals more fully with the various troubles that afflict young children, gives their symptoms in detailed form, and tells how to treat them. This little book should be in every home in which there are young children, and we will gladly mail it, free and post-paid, to any mother who will send her name and post office address plainly written on a post card.

A Mother's Gratitude.

Mrs. V. Cheoret, of St. Benoit, Que., writes as follows: "It is with feelings of the deepest gratitude that I write to tell you what Baby's Own Tablets have done for my baby. When I began giving him the Tablets he was so thin and wasted that he looked like a skeleton. His digestion was poor; he was constipated and cried day and night. I got a box of Baby's Own Tablets and from the first they did him a great deal of good. His food digested better; his bowels worked regularly; his sleep was natural; he stopped crying and began to grow fat. I got another box and am happy to say before they were all used he was in perfect health and is now a plump, rugged child. I always keep a box of the Tablets in the house, and would advise other mothers to do the same." The above is a fair sample of hundreds of letters that come from all parts of Canada praising Baby's Own Tablets. The Tablets cure all the minor ills of babies and young children, and are absolutely safe, as they do not contain one particle of opiate or narcotic.

Mrs. Mederick Romard, Eastern Harbour, N.S., writes: "I have used Baby's Own Tablets and have found them a marvellous medicine. My baby is well and I thank the Tablets for it. They are the very best medicine a mother can use when her little ones are ailing."

Mrs. Nap. Shaffer, The Brook, Ont., writes: "I have found Baby's Own Tablets a most excellent medicine for diarrhoea, and whenever any of my little ones need a medicine I will always use the Tablets."

Mrs. Membury, Toronto, Ont., writes: "I would not be without Baby's Own Tablets, and it always gives me pleasure in praising them to other mothers. My little boy was such a poor, sickly little thing that the neighbors thought he would not live. I began giving him Baby's Own Tablets and they did him a world of good. He is well now and happy and able to play all day."

Mrs. Octave Paulin, Caraquet, N.B., writes: "I have used Baby's Own Tablets for my little boy and girl, and have found them a splendid medicine for colic and to promote healthful sleep. I would strongly advise all mothers to use them for their little ones."

Mrs. Solomon Williams, St. Joseph, Ont., writes: "I have used Baby's Own Tablets for my two little ones. My first baby suffered terribly when cutting her teeth and the doctor could do nothing for her. I got a box of Baby's Own Tablets, and they did her so much good that I feel as if I cannot say enough in their favor. I would not be without them."

Mrs. Alfred Suddard, Haldimand, Que., writes: "I have used Baby's Own Tablets for constipation, vomiting and restlessness, and have found them a splendid medicine. My baby is now in the best of health and is fat and rosy. I am sending for more Tablets, for my experience has taught me that nothing can equal them for little ones, and I will always have words of praise for them."



WARNING TO MOTHERS.

We find it necessary to caution mothers against imitations of this medicine which some dealers offer. When you ask for the Tablets see that the full name "Baby's Own Tablets" and the four-leaved clover with child's head on each leaf, is found on the wrapper around the box. Remember there is no other medicine intended for children which gives the guarantee of a Government analyst not to contain any opiate or harmful drug. If you value your child's health and life give it Baby's Own Tablets when ill, and under no circumstances take any other medicine which a dealer may say is "just as good." If you cannot get the genuine Tablets from your dealer they will be sent you by mail at 25 cents a box by writing.

THE DR. WILLIAMS MEDICINE CO.,
Brockville, Ont.

Peevish and Cross.

Peevish, cross babies are sick babies—the well baby is always happy. Perhaps there may be nothing to indicate just what is the matter, but you may depend there is something troubling the little one or he would not be cross. A few doses of Baby's Own Tablets will remove the cause and make baby happy. They are a certain cure for the minor ills of babyhood. Thousands of mothers keep them continually in the house to guard against the sudden illness of baby. A Tablet now and then will keep the little one well. Mrs. Jas. Jewers, Beaver Harbor, N.S., says: "I have given Baby's Own Tablets to my baby as occasion required since she was a day old. They have always helped her, and now at a year and a half old she is a fine healthy child. The Tablets, I think, are indispensable to mothers of young children."

The Mother's Health.

Mothers who require a tonic should be careful in their choice. If you are nursing the baby, Dr. Williams' Pink Pills for Pale People will give you renewed strength, and thus, through you, impart strength to a baby. You will find them valuable in the special ailments of your sex, and again when the years from 45 to 50 are approached.

Mrs. F. D. Kirk, Dumfries, N. B., writes: "Please send me another box of your valuable Baby's Own Tablets. Last Spring a neighbor had a very sick baby, and I recommended the Tablets and gave her some of mine. They worked like magic and my neighbor was so pleased with the result that, like myself, she would not be without them. I wish all mothers of young children would give them a trial, for I have never known them to fail."

Mrs. W. H. Switzer, Ekfrid, Ont., writes: "I have used Baby's Own Tablets for my children and have always found them just what was needed to keep them well. I also got the little book, which you send to all mothers, and found it a very great help."

Mrs. Richard Sinclair, Rockway Valley, Que., writes: "When my baby girl was teething she was cross and restless. I gave her soothing medicine but this did not help her, so I got Baby's Own Tablets. They have certainly done her much good. She sleeps well at night and is better in every way. Please send me two more boxes as I want to give them to my little boy who is now teething."

Mrs. J. Stewart, Everton, Ont., says: "My little girl thrived so badly that at the age of four months she only weighed four and a half pounds. Her stomach was badly out of order, and though a doctor treated her he could do nothing to help her. As I had read of Baby's Own Tablets I decided to get some. Right from the first they helped her, and now at the age of four years she is enjoying perfect health. I can heartily recommend the Tablets to all mothers whose babies are suffering from stomach troubles."

NASAL BALM

A Positive Cure for Catarrh and Cold in the Head.

Is Easy to Use, Pleasant and Agreeable, and Never Fails.

As an almost instant relief for cold in the head, and a positive cure for Catarrh, no other remedy can take the place of Nasal Balm. It is speedy in its effect, soothing, cleansing and healing, and at the first symptoms of cold in the head—always a forerunner of Nasal Catarrh—Nasal Balm should be at once applied, and all traces of this disagreeable malady will soon pass away. Where Catarrh has become seated, there is great danger that it will develop into consumption, and treatment should be persisted in until all the symptoms have passed away. Among the evils which attend Catarrh are constant hawking and spitting, loss of senses of taste and smell, partial and sometimes entire deafness, dizziness, dull, heavy headache, and offensive breath. A faithful use of Nasal Balm, according to directions, will soon effect a thorough cure.

Sold by all dealers, or sent post-paid, at 50 cents for small size, or \$1.00 for large size bottle, by addressing

Dr. Williams Medicine Co'y, Brockville, Ont.

Baby's Own Powder

REGISTERED

FOR THE NURSERY AND ALL TOILET PURPOSES.

A Perfectly Pure, Antiseptic and Refreshing Skin Powder.

BABY'S OWN POWDER is prepared in the most scientific manner. It restores and beautifies the complexion, cools and softens the skin, and prevents chapping.

BABY'S OWN POWDER soothes and allays all heat, chafing, irritation, eczema and every other form of skin disturbance. Dusted upon the backs of bed-ridden persons, it prevents bed sores. Chafing, either in infants or adults, is impossible when Baby's Own Powder is used.

Through its cooling properties, Baby's Own Powder gives immediate relief when applied to persons suffering from prickly heat, scarlatina, measles, chicken pox, etc. It prevents offensive sweating of the feet, arm-pits and other parts of the body, and removes offensive odors. For tender, sweaty feet it gives great relief, and may be dusted into the hosiery. After shaving it is unexcelled. For tan, sunburn, bites of insects, it is cooling and curative.

It cleanses the teeth, sweetens the breath and prevents decay. There is no toilet purpose for which a powder can be used in which Baby's Own Powder will not be found superior to all others.

BABY'S OWN POWDER may be had from druggists, or by mail, on receipt of price (25 cents per box) by writing

The Dr. Williams Med. Co., Brockville, Ont.

Hanson's Magic Corn Salve

A Certain, Safe and Painless Remedy for the Removal of Corns.



THE DIRECTIONS SAY:

"The Salve is to be applied just before retiring.



AND THAT

"On arising, if foot be soaked in warm water, the corn may easily be removed."

Mr. Esdrase Lafrise, Stenson, Que., says: "I have to thank you for the great benefit obtained from your Hanson's Magic Corn Salve. I was very badly troubled with corns, but after using the salve according to directions the corns have disappeared."

Mr. Wm. Thomson, boot and shoe dealer, Thessalon, Ont., says: "I have sold Hanson's Magic Corn Salve for about twenty years, and I know from what my customers tell me there is nothing to equal it for promptly removing corns."

Miss Rose Belisle, St. Norbet, Man., says: "Hanson's Magic Corn Salve relieved me of a very painful and troublesome corn, and I can recommend it above all other remedies."

Mr. Lester Fadden, Sutton Flats, Que., says: "I have found Hanson's Magic Corn Salve the only reliable corn cure I have used. It relieved me of some troublesome corns after other remedies had failed."

Alexcie Gadboury, Bayonne, Que., says: "It gives me great pleasure to proclaim the efficacy of Hanson's Magic Corn Salve. After having suffered with corns for five years, and having tried several remedies without permanent relief, I was advised to try Hanson's Magic Corn Salve. I did so and the corns promptly disappeared. The salve is easy to apply, does not burn, and removes a corn in a few days at most."

Mrs. C. Sincenne, Masham Mills, Que., says: "It gives me great pleasure to write you in praise of Hanson's Magic Corn Salve. This remedy completely cured me of some troublesome corns, and I have nothing but good words to say for it. I can strongly recommend this salve to all who suffer from corns, as a painless and prompt remedy."

Sold Everywhere at 15 cents for Small Size or 25 cents for large size box, or sent prepaid by addressing

Dr. Williams Med. Company, Brockville, Ont.

Montreal Testing Laboratory.

MILTON L. HERSEY, M. Sc.

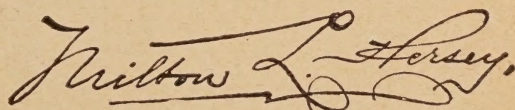
Demonstrator in Chemistry,
McGill University,

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A GUARANTEE.

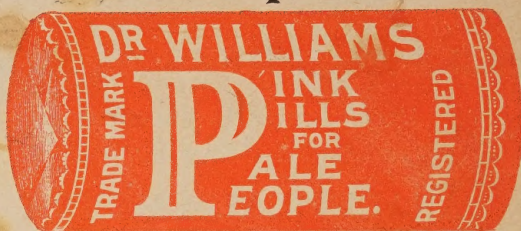
I hereby certify that I have made a careful analysis of Baby's Own Tablets which I personally purchased in a drug store in Montreal, and the said analysis has failed to detect the presence of any opiate or narcotic in them.

A handwritten signature in cursive script, reading "Milton L. Hersey". The signature is written in dark ink and is positioned above the printed name and title.

M. Sc. (McGill)
Provincial Analyst for Quebec.

Baby's Own Tablets is the only medicine which gives the guarantee of a Government Analyst that it contains no opium, morphine or other narcotic. Every mother should appreciate this as it means she can give this medicine to the youngest child, with absolute safety.

THIS IS AN EXACT REPRESENTATION OF THE
GENUINE PACKAGE



THESE PILLS MAKE
WEAK
PEOPLE
STRONG.

BUT YOU MUST GET
THE GENUINE

SUBSTITUTES
NEVER CURED
ANYONE

RECOMMENDED
BY THE
LIBERAL MINDED DOCTOR
AND TRAINED NURSE.

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